



Phone: 864-335-4856  
 Web: mauldinrecreation.com  
 Facebook: Mauldin Sports Center

# Mauldin Sports Center January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>30 JANUARY</b> 5:35 Intervals..... AD 8:35 20-20-20 ..... AD 9:45 CYCLE ..... LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 6:00 Boot Camp..... MC 7:00 Yoga ..... JS	<b>31 JANUARY</b> 5:35 Cycle ..... SP 8:35 Piloxing ..... AD 9:45 Zumba@ ..... LP 9:45 CYCLE..... LN 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 5:20 30 minute STEP ..... AD/KW 6:00 Strength Training..... KW				<hr/> 1  <b>CLOSED</b>
<b>2</b> 5:35 Intervals..... AD 8:35 20-20-20 ..... AD 9:45 CYCLE ..... LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 6:00 Boot Camp..... MC 7:00 Yoga ..... JS	<b>3</b> 5:35 Cycle ..... SP 8:35 Piloxing ..... AD 9:45 Zumba@ ..... LP 9:45 CYCLE..... LN 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 5:20 30 minute STEP ..... AD/KW 6:00 Strength Training..... KW	<b>4</b> 5:35 Strength Training.....AD 8:35 Kettlebell AMPD@.....AD 9:45 Buns and Guns ..... MC 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Zumba@ ..... SD 7:00 Yoga ..... JS	<b>5</b> 5:35 Boot Camp..... AD 8:35 POUND@ ..... MC 9:45 Zumba@ .....LP 9:45 Step Cardio .....AD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga ..... TB 5:00 Strength training ..... MC 6:00 30 minute Thursday..... MC	<b>6</b> 5:35 Mash-up..... AD 8:35 Power Circuit..... BA 9:45 Core + Relaxation ..... MC 11:00 Senior Yoga ..... NJ 5:45 Yoga ..... JS	<b>7</b> 8:30 Power Yoga ..... JS 9:45 Buns and Guns ..... KW  <hr/> <b>8</b>  1:15 Hip-Hop CYCLE ..... KB  <b>Open 1:00-5:00pm</b>
<b>9</b> 5:35 Step Cardio..... AD 8:35 Barre Tone ..... AD 9:45 CYCLE ..... LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 6:00 All Ball Circuit..... MC 7:00 Yoga ..... JS	<b>10</b> 5:35 Cycle ..... SP 8:35 Piloxing ..... AD 9:45 Zumba@ ..... LP 9:45 CYCLE..... LN 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 5:20 30 minute STEP ..... AD/KW 6:00 TRX/Kickboxing ..... KW	<b>11</b> 5:35 Kettlebell AMPD@.....AD 8:35 Strength Training .....AD 9:45 Butts and Guts ..... MC 9:45 Zumba@ ..... SD 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 POUND@ ..... KW/MC 7:00 Yoga ..... JS	<b>12</b> 5:35 20-20-20..... AD 8:35 POUND@ ..... MC 9:45 Zumba@ .....LP 9:45 Step Cardio .....AD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga ..... TB 5:00 Strength training ..... MC 6:00 30 minute Thursday..... MC	<b>13</b> 5:35 Body Bar Combat..... AD 8:35 Ultimate X-Training BA 9:45 Core + Relaxation ..... MC 11:00 Senior Yoga ..... NJ 5:45 Yoga ..... JS	<b>14</b> 8:30 Power Yoga ..... JS 9:45 Step Cardio ..... AD  <hr/> <b>15</b>  1:15 Hip-Hop CYCLE ..... KB  <b>Open 1:00-5:00pm</b>

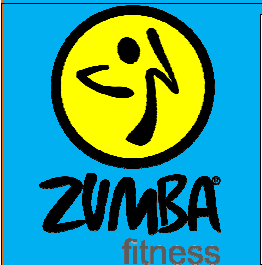
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>16</p> <p>5:35 Tabata/HIIT.....AD</p> <p>8:35 20-20-20.....AD</p> <p>9:45 CYCLE.....LN</p> <p>9:45 Zumba@ Toning.....LP</p> <p>12:00 Switching.....DM</p> <p>6:00 Boot Camp.....MC</p> <p>7:00 Yoga.....JS</p>	<p>17</p> <p>5:35 Cycle.....SP</p> <p>8:35 Piloxing@.....AD</p> <p>9:45 Zumba@.....LP</p> <p>9:45 CYCLE.....LN</p> <p>10:45 Silver Sneakers@ circuitDM</p> <p>11:45 Chair Yoga.....RC</p> <p>12:35 Tai Chi.....RC</p> <p>5:20 30 minute STEP.....AD/KW</p> <p>6:00 Strength Training.....KW</p>	<p>18</p> <p>5:35 Strength Training.....AD</p> <p>8:35 Kettlebell AMPD@.....AD</p> <p>9:45 Buns and Guns.....MC</p> <p>12:00 Switching.....DM</p> <p>5:00 CYCLE.....LN</p> <p>6:00 Zumba@.....SD</p> <p>7:00 Yoga on the ball.....JS</p>	<p>19</p> <p>5:35 Boot Camp.....AD</p> <p>8:35 POUND@.....MC</p> <p>9:45 Zumba@.....LP</p> <p>9:45 Step Cardio.....AD</p> <p>10:45 Silver Sneakers@ circuitDM</p> <p>11:45 Chair Yoga.....TB</p> <p>5:00 Strength training.....MC</p> <p>6:00 30 minute Thursday.....MC</p>	<p>20</p> <p>5:35 Barre-Tone.....AD</p> <p>8:35 Power Circuit.....BA</p> <p>9:45 Core + Relaxation.....MC</p> <p>11:00 Senior Yoga.....NJ</p> <p>5:45 Yoga.....JS</p>	<p>21</p> <p>8:30 Power Yoga.....JS</p> <p>9:45 Survival of the fittest AD/KW/MC</p> <p>(open to anyone-mandatory for SOTF)</p> <hr/> <p>22</p> <p>1:15 Hip-Hop CYCLE.....KB</p> <p>Open 1:00-5:00pm</p>
<p>23</p> <p>5:35 Step Cardio.....AD</p> <p>8:35 Barre Tone.....AD</p> <p>9:45 CYCLE.....LN</p> <p>9:45 Zumba@ Toning.....LP</p> <p>12:00 Switching.....DM</p> <p>6:00 All ball circuit.....MC</p> <p>7:00 Yoga.....JS</p>	<p>24</p> <p>5:35 Cycle.....AD</p> <p>8:35 Piloxing@.....AD</p> <p>9:45 Zumba@.....LP</p> <p>9:45 CYCLE.....LN</p> <p>10:45 Silver Sneakers@ circuitDM</p> <p>11:45 Chair Yoga.....RC</p> <p>12:35 Tai Chi.....RC</p> <p>5:20 30 minute STEP.....AD/KW</p> <p>6:00 TRX/Kickboxing.....KW</p>	<p>25</p> <p>5:35 RIPPED.....AD</p> <p>8:35 Strength Training.....AD</p> <p>9:45 Butts and Gutts.....MC</p> <p>9:45 Zumba@.....SD</p> <p>12:00 Switching.....DM</p> <p>5:00 CYCLE.....LN</p> <p>6:00 POUND@.....KW/MC</p> <p>7:00 Yoga.....JS</p>	<p>26</p> <p>5:35 20-20-20.....AD</p> <p>8:35 POUND@.....MC</p> <p>9:45 Zumba@.....LP</p> <p>9:45 Step Cardio.....AD</p> <p>10:45 Silver Sneakers@ circuitDM</p> <p>11:45 Chair Yoga.....TB</p> <p>5:00 Strength training.....MC</p> <p>6:00 30 minute Thursday.....MC</p>	<p>27</p> <p>5:35 Piloxing.....AD</p> <p>8:35 Ultimate X-Training BA</p> <p>9:45 Core + Relaxation.....MC</p> <p>11:00 Senior Yoga.....NJ</p> <p>5:45 Yoga.....JS</p>	<p>28</p> <p>8:30 Power Yoga.....JS</p> <p>9:45 Survival of the fittest AD/KW/MC</p> <p>(open to anyone-mandatory for SOTF)</p> <hr/> <p>29</p> <p>1:15 Hip-Hop CYCLE.....KB</p> <p>Open 1:00-5:00pm</p>

Connect with the Mauldin Sports Center:

[Facebook](#) | [Instagram](#) | [City Website](#)



Specialty Group Fitness Classes  
Offered:



**Questions? Please contact**  
Amanda Duffie  
aduffie@mauldinrecreation.com or  
864-335-4858

**Instructor List:**  
AD ..... Amanda  
BA ..... Brianna  
CS ..... Cameron  
DM ..... Dianne  
JS ..... Jenny S  
KW ..... Kayla  
KP ..... Kaelin  
KB ..... Keith  
LP ..... Lori  
LN ..... Liza  
MC ..... Miranda  
NJ ..... Nicole  
RC ..... Rebecca  
SP ..... Sara  
SD ..... Shannon  
TW ..... Taryn  
TB ..... Teri

Purple Classes  
are Silver  
Sneakers®  
and Senior  
approved. Ok  
for walkers to  
participate in  
the purple  
classes