



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

Mauldin Sports Center March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>Now offering Hip-hop cycle Monday's at 5:00pm</p>	<p>Taryn's back on the Barre Saturday March 25th at 9:45am</p>	<p>1</p> <p>5:35 Kettlebell AMPD @.....AD 8:35 Strength TrainingAD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Zumba@ SD 7:00 Yoga TB</p>	<p>2</p> <p>5:35 Cardio Push AD 8:35 POUND@ MC 9:45 Zumba@ LP 9:45 Step Cardio AD 10:45 Senior fitness BA 11:45 Chair Yoga TB 5:00 Strength training MC 6:00 30 minute Thursday..... MC</p>	<p>3</p> <p>5:35 Piloxing..... AD 8:35 Power Circuit BA 11:00 Senior Yoga NJ 5:45 Yoga..... JS</p>	<p>4</p> <p>8:30 Power Yoga JS 9:45 Strength Intervals ...KW</p> <hr/> <p>5</p> <p>1:15 CYCLE AD</p> <p style="text-align: center;">Open 1:00-5:00pm</p>
<p>6</p> <p>5:35 Step Cardio..... AD 8:35 20-20-20 AD 9:45 CYCLE LN 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 5:00 Hip Hop Cycle KB 6:00 Boot Camp MC 7:00 Yoga JS</p>	<p>7</p> <p>5:35 Cycle AD 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</p>	<p>8</p> <p>5:35 Strength Training.....AD 8:35 Kettlebell AMPD @.....AD 9:45 Zumba@ SD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 POUND@ KW 7:00 Yoga JS</p>	<p>9</p> <p>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 JS 5:00 Strength training MC 6:00 30 minute Thursday..... MC</p>	<p>10</p> <p>5:35 Barre + Core AD 8:35 Power Circuit BA 11:00 Senior Yoga NJ 5:45 Yoga JS</p>	<p>11</p> <p>8:30 Power Yoga JS 9:45 Step Cardio AD</p> <hr/> <p>12</p> <p>1:15 CYCLE AD</p> <p style="text-align: center;">Open 1:00-5:00pm</p>
<p>13</p> <p>5:35 Power Circuit AD 8:35 Barre Tone AD 9:45 CYCLE AD 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 5:00 Hip Hop Cycle KB 6:00 All Ball Circuit..... MC 7:00 Yoga JS</p>	<p>14</p> <p>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</p>	<p>15</p> <p>5:35 Ultimate TRX.....AD 8:35 Strength TrainingAD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Zumba@ SD 7:00 Yoga JS</p>	<p>16</p> <p>5:35 HIIT Intervals 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</p>	<p>17</p> <p>5:35 Body Bar Combat..... AD 8:35 Power Attack..... BA 11:00 Senior Yoga NJ 5:45 Yoga..... JS</p>	<p>18</p> <p>8:30 Power Yoga JS 9:45 Butts and Gutts KW</p> <hr/> <p>19</p> <p>1:15 CYCLE..... SP</p> <p style="text-align: center;">Open 1:00-5:00pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
20 5:35 Step CardioAD 8:35 20-20-20 AD 9:45 CYCLE LN 9:45 Zumba@ Toning LP 12:00 Switching DM 5:00 Hip Hop CycleKB 6:00 Boot Camp MC 7:00 Yoga JS	21 5:35 Cycle SP 8:35 Piloxing@ AD 9:45 Zumba@ LP 9:45 CYCLE LN 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:20 30 minute STEP AD/KW 6:00 Strength Training KW	22 5:35 Strength TrainingAD 8:35 Kettlebell AMPD@AD 9:45 Zumba@ SD 12:00 Switching DM 5:00 CYCLE LN 6:00 POUND@KW 7:00 Yoga on the ball JS	23 5:35 Cardio Push AD 8:35 POUND@MC 9:45 Zumba@ LP 9:45 Step Cardio AD 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga TB 5:00 Strength training MC 6:00 30 minute Thursday MC	24 5:35 Barre-Tone AD 8:35 Power Circuit BA 11:00 Senior Yoga NJ 5:45 Yoga JS	25 8:30 Power Yoga JS 9:45 Barre TW <hr/> 26 1:15 CYCLE SP Open 1:00-5:00pm
27 5:35 Power CircuitAD 8:35 Barre Tone AD 9:45 CYCLE LN 9:45 Zumba@ Toning LP 12:00 Switching DM 5:00 Hip Hop CycleKB 6:00 All ball circuit MC 7:00 Yoga JS	28 5:35 Cycle SP 8:35 Piloxing@ AD 9:45 Zumba@ LP 9:45 CYCLE LN 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:20 30 minute STEP AD/KW 6:00 TRX/Kickboxing KW	29 5:35 Ultimate TRXAD 8:35 Strength TrainingAD 12:00 Switching DM 5:00 CYCLE LN 6:00 Zumba@ SD 7:00 Yoga JS	30 5:35 RIPPED AD 8:35 POUND@ MC 9:45 Zumba@ LP 9:45 No Class Today 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga TB 5:00 Strength training MC 6:00 30 minute Thursday MC	31 5:35 Mash-UP AD 8:35 Power Attack BA 11:00 Senior Yoga NJ 5:45 Yoga JS	

Connect with the Mauldin Sports Center:

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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