




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

Mauldin Sports Center May 2023

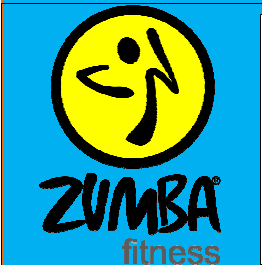
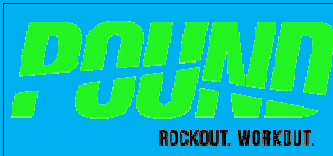
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1 5:35 Step Cardio..... AD 8:35 20-20-20 AD 9:45 CYCLE AD 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 5:00 Hip Hop Cycle KB 6:00 Boot Camp..... MC 7:00 Yoga JS	2 5:35 Cycle SP 8:35 Piloxing AD 9:45 Zumba@ LP 9:45 CYCLE LN 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:20 30 minute STEP AD/KW 6:00 Strength Training KW	3 5:35 Strength Training.....AD 8:35 Kettlebell AMPD@.....AD 9:45 Step Cardio.....AD 9:45 Zumba@ SD 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 POUND@KW/CS 7:00 Yoga JS	4 5:35 Interval Training..... AD 8:35 POUND@ MC 9:45 Zumba@LP 9:45 Class on Wednesday this month 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga TB 5:00 Strength training MC 6:00 40 minute blast..... MC	5 5:35 Cardio and Core..... SP 8:35 No Class TODAY 11:00 Senior Yoga NJ 5:45 Yoga JS	6 8:30 Power Yoga JS 9:45 Going the distance.... AD/KW <hr/> 7 1:15 CYCLE SP Open 1:00-5:00pm
8 5:35 HIIT Intervals..... AD 8:35 Barre & Core..... AD 9:45 CYCLE AD 9:45 Zumba@ Toning..... LP 12:00 Switching..... DM 5:00 No Class Today 6:00 All Ball Sport..... MC 7:00 Yoga JS	9 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	10 5:35 Kettlebell AMPD@AD 8:35 Strength TrainingAD 9:45 Step Cardio.....AD 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Zumba@ SD 7:00 Yoga JS	11 5:35 20-20-20 AD 8:35 POUND@ MC 9:45 Zumba@LP 9:45 Class on Wednesday this month 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga TB 5:00 Strength training MC 6:00 40 minute blast..... MC	12 5:35 Barre Tone..... AD 8:35 RIPPED@..... AD 11:00 Senior Yoga NJ 5:45 Yoga JS	13 8:30 Power Yoga JS 9:45 Going the distance.... AD/KW <hr/> 14 1:15 No Class TODAY
15 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	16 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	17 5:35 Ultimate TRX.....AD 8:35 Kettlebell AMPD@AD 9:45 Step Cardio.....AD 9:45 Zumba@ SD 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 POUND@KW/CS 7:00 Yoga JS	18 5:35 Cardio Push..... AD 8:35 POUND@ MC 9:45 Zumba@LP 9:45 Class on Wednesday this month 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga TB 5:00 Strength training MC 6:00 40 minute blast..... MC	19 5:35 PiloxingAD 8:35 RIPPED@..... AD 11:00 Senior Yoga NJ 5:45 Yoga JS	20 8:30 Power Yoga JS 9:45 Going the distance.... AD/KW <hr/> 21 1:15 CYCLE SP Open 1:00-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
22 5:35 Power Circuit.....AD 8:35 Barre Boot Camp 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	23 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	24 5:35 Heavy Strength CircuitAD 8:35 Strength Training.....AD 9:45 Step Cardio AD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Zumba @ SD 7:00 Yoga on the ball JS	25 5:35 Boot Camp AD 8:35 POUND@ MC 9:45 Zumba @ LP 9:45 Class on Wednesday this month 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga TB 5:00 Strength training MC 6:00 40 minute blast MC	26 5:35 Cardio and Core..... AD 8:35 RIPPED@..... AD 11:00 Senior Yoga NJ 5:45 Yoga..... JS	27 8:30 Power Yoga JS 9:45 Going the distance..... AD/KW <hr/> 28 1:15 No Class TODAY Open 1:00-5:00pm
29 CLOSED 	30 5:35 Cycle SP 8:35 Piloxing@ AD 9:45 Zumba @ SD 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	31 5:35 Strength training.....AD 8:35 Kettlebell AMPD @AD 9:45 Step Cardio AD 9:45 Zumba @ SD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 POUND@ KW/CS 7:00 Yoga JS	From May 4th- June 15th Thursday's 9:45am step cardio will be on Wednesday's at 9:45am. It will return to Thursday's June 22nd! Thanks for your understanding		

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