



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

# Mauldin Sports Center JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p><b>Wednesday night Yoga has moved to 6:00pm :) </b></p> <p><b>Pound is now on Thursday's at 5:00pm</b></p>			<p>1</p> <p>5:35 Interval Training..... AD            8:35 POUND@ ..... MC            9:45 Zumba@ .....LP            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... TB            5:15 POUND@ UNPLUGGED ...CS            6:00 30 min Thursday .....KW</p>	<p>2</p> <p>5:35 Power Attack..... AD            8:35 Power Circuit..... AD            11:00 Senior Yoga ..... NJ            5:45 Yoga .....JS</p>	<p>3</p> <p>8:30 Power Yoga ..... JS            9:45 Going the distance.... AD/KW            9:45 Barre.....TW</p> <hr/> <p>4</p> <p>1:15 CYCLE ..... SP</p> <p>Open 1:00-5:00pm</p>
<p>5</p> <p>5:35 Step Cardio..... AD            8:35 RIPPED@ ..... AD            9:45 CYCLE .....LN            9:45 No Zumba Today            12:00 Switching ..... DM            5:00 Hip Hop Cycle .....KB            6:00 Boot Camp .....CS/KW            7:00 Yoga .....JS</p> <p>Trevor Booker Basketball camp.            Basketball courts closed 7:00-5:30pm</p>	<p>6</p> <p>5:35 Cycle ..... SP            8:35 Piloxing ..... AD            9:45 Zumba@ ..... LP            9:45 No Cycle today            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... RC            12:35 Tai Chi ..... RC            6:00 TRX/Kickboxing ..... KW</p> <p>Trevor Booker Basketball camp.            Basketball courts closed 7:00-5:30pm</p>	<p>7</p> <p>5:35 Strength Training.....AD            8:35 Strength Training .....AD            9:45 Step Cardio.....AD            12:00 Switching..... DM            5:00 CYCLE ..... LN            6:00 Yoga ..... TB</p> <p>Trevor Booker Basketball camp.            Basketball courts closed 7:00-5:30pm</p>	<p>8</p> <p>5:35 Boot Camp ..... AD            8:35 POUND@ ..... MC            9:45 Zumba@ .....LP            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... TB            5:15 POUND@ UNPLUGGED ...CS            6:00 30 min Thursday .....KW</p> <p><b>ZUMBA UPSTAIRS TODAY</b>            Trevor Booker Basketball camp. Basketball courts closed 7:00-5:30pm</p>	<p>9</p> <p>5:35 Cycle &amp; Sculpt ..... SP            8:35 No class today            11:00 Senior Yoga ..... NJ            5:45 Yoga .....JS</p> <p>Trevor Booker Basketball camp.            Basketball courts closed 7:00-5:30pm</p>	<p>10</p> <p>8:30 Power Yoga ..... JS            9:45 Going the distance.... AD/KW</p> <hr/> <p>11</p> <p>1:15 No Class TODAY</p>
<p>12</p> <p>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 Cycle .....KB            6:00 All ball circuit.....CS/KW            7:00 Yoga .....JS</p>	<p>13</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            6:00 Strength Training ..... KW</p>	<p>14</p> <p>5:35 Ultimate TRX.....AD            8:35 Kettlebell AMPD @ .....AD            9:45 Step Cardio.....AD            12:00 Switching..... DM            5:00 CYCLE ..... LN            6:00 Yoga ..... JS</p>	<p>15</p> <p>5:35 Cardio Push ..... AD            8:35 POUND@ ..... MC            9:45 Zumba@ .....LP            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... TB            5:15 POUND@ UNPLUGGED ...CS            6:00 30 min Thursday .....KW</p>	<p>16</p> <p>5:35 Barre Tone..... AD            8:35 Power Circuit..... AD            11:00 Senior Yoga ..... NJ            5:45 Yoga .....JS</p>	<p>17</p> <p>8:30 Power Yoga ..... JS            9:45 Barre.....TW</p> <hr/> <p>18</p> <p>1:15 CYCLE ..... SP</p> <p>Open 1:00-5:00pm</p>

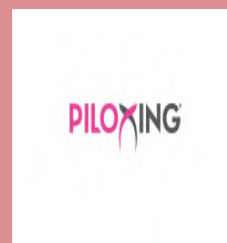
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
19 5:35 Step Cardio .....AD 8:35 RIPPED@ ..... AD 9:45 CYCLE ..... LN 9:45 Zumba@ Toning ..... LP 12:00 Switching ..... DM 5:00 Hip Hop Cycle .....KB 6:00 Boot Camp ..... CS/KW 7:00 Yoga ..... JS	20 5:35 Cycle ..... SP 8:35 Piloxing@ ..... AD 9:45 Zumba@ ..... LP 9:45 CYCLE ..... LN 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 6:00 TRX/Kickboxing ..... KW	21 5:35 Heavy Strength Circuit .....AD 8:35 Strength Training .....AD 9:45 Step Cardio .....AD 12:00 Switching ..... DM 5:00 CYCLE ..... LN 6:00 Yoga ..... JS	22 5:35 Boot Camp ..... AD 8:35 Cardio Push ..... AD 9:45 Step Cardio .....AD 9:45 Zumba@ ..... LP 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga ..... TB 5:15 POUND@ UNPLUGGED... CS 6:00 30 min Thursday .....KW	23 5:35 Cardio and Core ..... AD 8:35 Mash-up ..... AD 11:00 Senior Yoga ..... NJ 5:45 Yoga .....JS	24 8:30 Power Yoga ..... JS 9:45 Boot Camp ..... AD <hr/> 25 1:15 No Class TODAY  Open 1:00-5:00pm
26 5:35 Power Circuit .....AD 8:35 No class today 9:45 CYCLE ..... LN 9:45 Zumba@ Toning ..... LP 12:00 Switching ..... DM 5:00 Hip Hop Cycle .....KB 6:00 All ball circuit .....CS 7:00 Yoga ..... JS	27 5:35 Cycle ..... SP 8:35 Piloxing@ ..... AD 9:45 Zumba@ ..... SD 9:45 CYCLE ..... LN 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 6:00 Strength Training ..... AD	28 5:35 Ultimate TRX .....AD 8:35 Kettlebell AMPD@ .....AD 12:00 Switching ..... DM 5:00 CYCLE ..... LN 6:00 Yoga ..... JS	29 5:35 HIIT Intervals ..... AD 8:35 POUND@ ..... MC 9:45 Step Cardio .....AD 9:45 Zumba@ ..... LP 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga ..... TB 5:15 POUND@ UNPLUGGED... CS 6:00 30 min Thursday ..... CS	30 5:35 Mash-up ..... AD 8:35 RIPPED@ ..... AD 11:00 Senior Yoga ..... NJ 5:45 Yoga .....JS	

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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 ..... Chelsea
- DM ..... Dianne
- JS ..... Jenny S
- KW ..... Kayla
- KB ..... Keith
- LP ..... Lori
- LN ..... Liza
- MC ..... Miranda
- NJ ..... Nicole
- RC ..... Rebecca
- SP ..... Sara
- SD ..... Shannon
- TW ..... Taryn
- TB ..... Teri

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