

GROUP FITNESS CLASSES

CHAIR YOGA

Chair yoga is a gentle form of yoga that is practiced sitting in a chair or standing use a chair for support.

SENIOR YOGA

Yoga exercises for senior can help improve flexibility and reduce aches and pains.

SILVER SNEAKERS® CIRCUIT

Light hand weights, tubing, and a ball are integrated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

TAI CHI

Tai Chi is a Chinese exercise system that uses slow, smooth body movements, to achieve a state of relaxation for both the body and the mind.

Walking Track Only memberships include participation in selected group fitness classes. NOTE: they are purple on our monthly group fitness class schedule.

CONTACT MAULDIN SPORTS CENTER

(864)335-4855

@mauldinsportscenter

10 City Center Drive,
Mauldin, SC 29662

Hours:

Monday-Thursday: 5:30am-9:30pm

Friday: 5:30am-7:30pm

Saturday: 7:30am-2:00pm

Sunday: 1:00pm-5:00pm

Amanda Duffie

Sports Center Manager

o: (864)335-4858

e: aduffie@mauldinrecreation.com

CONTACT RAY W. HOPKINS SENIOR CENTER

(864)234-3488

@raywhopkinsmauldinseniorcenter

203 Corn Road
Greenville, SC 29607

Hours:

Monday-Friday: 8:30am - 4:00pm

Fitness room closes at 3:45pm.

SENIOR PROGRAMS

at the

Mauldin Sports Center

Improve your fitness while
gaining muscular
strength, flexibility,
balance, and endurance.

mauldinrecreation.com



**EMPLOYER FITNESS BENEFITS
OR
HEALTH PLAN PARTNERS**



Active&Fit program is provided by American Specialty Health Fitness, and is designed to help you achieve better health through regular exercise without breaking the bank. The program includes a membership to 9,000+ participating fitness centers nationwide.



Silver&Fit® program is designed to help support members' unique healthy aging journey. They offer amazing on-demand workouts, home kits, fitness center access, social clubs, rewards, and more.



SilverSneakers® promotes greater health engagement and accountability by providing members with regular exercise (strength training, aerobics, and more) and social opportunities at up to 22,000 locations nationwide—all at no additional cost to them.



Prime offers basic multi-access use in a wide range of gyms, sports facilities, specialty studios near home, work and where you travel. Members reap the benefits of regular activity by experiencing better health.



Renew Active® is a fitness program designed with the goal of helping Medicare members reach fitness goals and stimulate their brains. The program is available with select UnitedHealthcare Medicare plans and includes a membership at a participating fitness location at no extra cost.



SENIOR ORIENTATION

- Orientation includes an overview of 5 weight bearing machines and 2 cardio machines.
- You will receive a handout of Silver Sneakers approved exercises to do on your own.
- Orientations are held Monday through Friday. Please stop by or call the front desk at least 24 hours in advance to schedule.
- Please be sure to wear comfortable clothes and sneakers to your orientation.

Schedule your orientation today at the front desk or call: 864-335-4855

**IT'S NEVER TOO LATE TO
START LIVING A LONGER,
HEALTHIER LIFE.**

WHY JOIN US?

- + **Over 30 pieces of cardiovascular equipment**
- + **Free weights ranging: 5lbs-100lbs**
 - + **32ft Rock Climbing Tower**
 - + **Personal Training**
Discounted for members
 - + **On-site childcare**
\$5.00 per child if you don't hold a Family or Single Parent Membership
 - + **Group exercise classes**
\$5.00 drop-in rate available for non-members and non-full membership holders
 - + **Full service locker rooms**
 - + **Stroller time (10:00am-2:00pm)**

MEMBERSHIPS

Individual Senior (60+)
1 Month (in-city): \$31.00
1 Month (out-of-city): \$50.00
1 Yearly: 310.00
Quarterly (3 Month): \$78.00

Family Senior (Two adults both 60+)
1 Month (in-city): \$41.00
1 Month (out-of-city): \$62.00
Yearly: 410.00
Quarterly (3 Month): \$105.00