



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

# Mauldin Sports Center November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p><b>Catch Kayla back on the mic Monday nights!</b></p> <p><b>Join Liza Thursday nights for 45 minute Thursday</b></p>		<p><b>1</b></p> <p>5:35 Kettlebell AMPD @.....AD            8:35 Strength Training .....AD            12:00 Switching.....DM            5:00 CYCLE.....LN            6:00 Boot Camp .....SP            7:00 Yoga .....NR</p>	<p><b>2</b></p> <p>5:35 EMOM ..... AD            8:35 Step Cardio..... AD            9:45 Zumba @ .....LP            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... TB            5:15 Pound Unplugged ..... CS            6:00 45 min Thursday..... LN            7:00 Hip Hop Cycle ..... KB</p>	<p><b>3</b></p> <p>5:35 Barre tone..... AD            8:35 Power Circuit..... AD            11:00 Senior Yoga ..... NJ            5:45 Yoga.....JS</p>	<p><b>4</b></p> <p>8:30 Power Yoga ..... JS            9:45 Strength training at <b>Rockwall</b> SP</p> <hr/> <p><b>5</b></p> <p>1:15 No Class Today</p>
<p><b>6</b></p> <p>5:35 Body Weight Conditioning AD            8:35 RIPPED..... AD            9:45 Zumba @ Toning..... LP            12:00 Switching ..... DM            5:15 Hip Hop Cycle .....KB            6:00 All ball circuit.....KW            7:00 Yoga .....JS</p>	<p><b>7</b></p> <p>5:35 Cycle ..... SP            8:35 Cardio and Core..... AD            9:45 Zumba @ ..... LP            9:45 CYCLE..... AD            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... RC            12:35 Tai Chi ..... RC            6:00 Strength Training..... KW</p>	<p><b>8</b></p> <p>5:35 Strength Training.....AD            8:35 Kettlebell AMPD @.....AD            12:00 Switching.....DM            5:00 CYCLE.....LN            6:00 Boot Camp .....SP            7:00 Yoga .....JS</p>	<p><b>9</b></p> <p>5:35 Boot Camp ..... AD            8:35 Step Cardio..... AD            9:45 Zumba @ .....LP            10:45 Silver Sneakers@ circuit DM            11:45 Chair Yoga ..... TB            5:15 Pound Unplugged ..... CS            6:00 45 min Thursday..... LN            7:00 Hip Hop Cycle ..... KB</p>	<p><b>10</b></p> <p>5:35 Instructors Choice..... AD            8:35 No Class Today .....            11:00 Senior Yoga ..... NJ            5:45 Yoga.....JS</p>	<p><b>11</b></p> <p>8:30 Power Yoga ..... JS            9:45 POUND/KB Mash-up KW/AD</p> <hr/> <p><b>12</b></p> <p>Pound Unplugged.....CS</p>
<p><b>13</b></p> <p>5:35 Power Circuit ..... AD            8:35 20-20-20 ..... AD            9:45 Zumba @ Toning..... LP            12:00 Switching ..... DM            5:15 Hip Hop Cycle .....KB            6:00 Boot Camp.....KW            7:00 Yoga .....JS</p>	<p><b>14</b></p> <p>5:35 Cycle ..... SP            8:35 Piloxing ..... AD            9:45 Zumba @ ..... LP            9:45 CYCLE..... AD            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... RC            12:35 Tai Chi ..... RC            6:00 TRX/Kickboxing ..... KW</p>	<p><b>15</b></p> <p>5:35 Strength Training.....SP            8:35 No Class Today.....            12:00 Switching.....DM            5:00 CYCLE.....LN            6:00 Boot Camp .....LN            7:00 Yoga .....NR</p>	<p><b>16</b></p> <p>5:35 HIIT Intervals..... AD            8:35 Step Cardio..... AD            9:45 Zumba @ .....LP            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga ..... TB            5:15 Pound Unplugged ..... CS            6:00 45 min Thursday..... LN            7:00 Hip Hop Cycle ..... KB</p>	<p><b>17</b></p> <p>5:35 Buns and Guns..... AD            8:35 Power Attack ..... AD            11:00 Senior Yoga ..... JS            5:45 Yoga.....JS</p>	<p><b>18</b></p> <p>8:30 Power Yoga ..... JS            9:45 Power Circuit .....SP</p> <hr/> <p><b>19</b></p> <p>Pound Unplugged.....CS</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
20 5:35 20-20-20 ..... AD 8:35 Barre Tone .....AD 9:45 Zumba@ Toning ..... LP 12:00 No Class Today 5:15 Hip Hop Cycle .....KB 6:00 Power Circuit .....KW 7:00 Yoga .....JS	21 5:35 Cycle ..... SP 8:35 Cardio and Core .....AD 9:45 Zumba@ .....LP 9:45 CYCLE ..... AD 10:45 Silver Sneakers® circuit JB 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 6:00 Strength Training ..... KW	22 5:35 Heavy strength circuit .....AD 8:35 Strength Training.....AD 12:00 No Class Today 5:00 CYCLE ..... LN 6:00 Boot Camp ..... SP 7:00 Yoga on the ball .....JS	<b>Closed- Happy Thanksgiving</b>	24 <b>No classes today</b> <b>50 squats</b> <b>40 Jumping Jacks</b> <b>30 lunges (each leg)</b> <b>20 Burpees</b> <b>10 Push-ups</b> <b>Repeat 3 times</b>	25 8:30 Power Yoga ..... JS 9:45 Butts and Gutts ..... KW <hr/> 26 1:15 No Class Today
27 5:35 Power Attack.....AD 8:35 20-20-20 .....AD 9:45 Zumba@ Toning ..... LP 12:00 Switching..... DM 5:15 Hip Hop Cycle .....KB 6:00 All ball circuit .....KW 7:00 Yoga .....JS	28 5:35 Cycle ..... SP 8:35 Piloxing® .....AD 9:45 Zumba@ .....LP 9:45 CYCLE ..... AD 10:45 Silver Sneakers® circuitDM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC 6:00 TRX/Kickboxing ..... KW	29 5:35 Kettlebell AMPD@.....AD 8:35 Kettlebell AMPD@ .....AD 12:00 Switching.....DM 5:00 CYCLE ..... LN 6:00 Boot Camp ..... SP 7:00 Yoga .....JS	30 5:35 Athletic Conditioning..... AD 8:35 Step Cardio .....AD 9:45 Zumba@ ..... LP 10:45 Silver Sneakers® circuitDM 11:45 Chair Yoga ..... TB 5:15 No class today 6:00 45 min Thursday .....LN 7:00 Hip Hop Cycle ..... KB	<b>Keep your eyes peeled for POUND coming back Thursday morning in December!</b>	

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Specialty Group Fitness Classes Offered:



PILOXING



**Questions? Please contact**

**Amanda Duffie**  
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 864-335-4858

**Instructor List:**

AD ..... Amanda  
 CS ..... Chelsea  
 DM ..... Dianne  
 JB ..... Jenny  
 JS ..... Jenny  
 KW ..... Kayla  
 KB ..... Keith  
 LP ..... Lori  
 LN ..... Liza  
 NR ..... Nancy  
 NJ ..... Nicole  
 RC ..... Rebecca  
 SP ..... Sara  
 TW ..... Taryn  
 TB ..... Teri

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