



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

Mauldin Sports Center February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
			1 5:35 Tabata..... AD 8:35 PoundAD 9:45 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 CycleLN	2 5:35 Barre tone..... AD 8:35 Intervals..... AD 11:00 Senior Yoga NJ 5:45 YogaJS	3 8:30 Power Yoga JS 9:45 SOTF.....AD/KW <hr/> 4 1:15 No Class Today
5 5:35 Step Cardio..... AD 8:35 Barre Tone AD 9:45 Zumba@ Toning..... LP 12:00 Switching DM 5:15 Hip Hop CycleKB 6:00 Intervals.....KW 7:00 YogaJS	6 5:35 Cycle SP 8:35 Piloxing@ AD 9:45 Zumba@ LP 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 TRX/Kickboxing KW	17 5:35 Kettlebell AMPD @AD 8:35 Strength TrainingAD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Boot Camp SP 7:00 YogaNR	8 5:35 EMOM AD 8:35 PoundAD 9:45 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 CycleLN	9 5:35 Core-Fusion..... AD 8:35 All ball sport..... AD 11:00 Senior Yoga NJ 5:45 YogaJS	10 8:30 Power Yoga JS 9:45 SOTF.....AD/KW <hr/> 11 1:15 Pound UnpluggedCS
12 5:35 Power Attack AD 8:35 20-20-20 AD 9:45 Zumba@ Toning..... LP 12:00 Switching DM 5:15 Hip Hop CycleKB 6:00 Boot CampKW 7:00 YogaJS	13 5:35 Cycle SP 8:35 Piloxing@ AD 9:45 Zumba@ LP 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Strength Training KW	14 5:35 Heavy Strength TrainingAD 8:35 Kettlebell AMPD @AD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Boot Camp SP 7:00 Yoga JS	15 5:35 Boot Camp Circuit..... AD 8:35 PoundAD 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 45 min Thursday LN 7:00 CycleLN	16 5:35 Butts and Gutts AD 8:35 Power Attack AD 11:00 Senior Yoga NJ 5:45 YogaJS	17 8:30 Power Yoga JS 9:45 SOTF.....AD/KW <hr/> 18 1:15 Pound UnpluggedCS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
19 5:35 Power CircuitAD 8:35 RIPPEDAD 9:45 Zumba@ ToningLP 12:00 Switching.....DM 5:15 Hip Hop CycleKB 6:00 All ball sport.....KW 7:00 YogaJS	20 5:35 CycleSP 8:35 Piloxing@AD 9:45 Zumba@LP 10:45 Silver Sneakers® circuitDM 11:45 Chair YogaRC 12:35 Tai ChiRC 6:00 TRX/Kickboxing.....KW	21 5:35 Kettlebell AMPD@.....AD 8:35 Strength Training.....AD 12:00 Switching.....DM 5:00 CYCLELN 6:00 Boot CampSP 7:00 YogaNR	22 5:35 EMOM.....AD 8:35 PoundAD 9:45 Step CardioAD 9:45 Zumba@LP 10:45 Silver Sneakers® circuitDM 11:45 Chair YogaTB 5:15 Pound Unplugged.....CS 6:00 45 min ThursdayLN 7:00 CycleLN	23 5:35 PoundAD 8:35 TRX CircuitAD 11:00 Senior YogaNJ 5:45 Yoga.....JS	24 8:30 Power YogaJS 9:45 SOTFAD/KW 9:45 BarreTW <hr/> 25 1:15 No class today
26 5:35 Step Cardio.....AD 8:35 Cardio and Core.....AD 9:45 Zumba@ ToningLP 12:00 Switching.....DM 5:15 Hip Hop CycleKB 6:00 Power CircuitKW 7:00 YogaJS	27 5:35 CycleSP 8:35 Piloxing@AD 9:45 Zumba@LP 10:45 Silver Sneakers® circuitDM 11:45 Chair YogaRC 12:35 Tai ChiRC 6:00 Strength TrainingKW	28 5:35 Strength TrainingAD 8:35 Kettlebell AMPD@AD 12:00 Switching.....DM 5:00 CYCLELN 6:00 Boot CampSP 7:00 Yoga on the ballJS	29 5:35 Boot CampAD 8:35 PoundAD 9:45 Step CardioAD 9:45 Zumba@LP 10:45 Silver Sneakers® circuitDM 11:45 Chair YogaTB 5:15 Pound Unplugged.....CS 6:00 45 min ThursdayLN 7:00 CycleLN		

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Specialty Group Fitness Classes Offered:



PILOXING



Questions? Please contact
 Amanda Duffie
 aduffie@mauldinrecreation.com or
 864-335-4858

Instructor List:

- AD Amanda
- CS Chelsea
- DM Dianne
- JB Joy
- 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