



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

Mauldin Sports Center January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1 Closed Happy New Year	2 5:35 Cycle SP 8:35 Piloxing® AD 9:45 Zumba® LP 9:45 Pound AD10:45 Silver Sneakers® circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Strength Training KW	3 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 NR	4 5:35 Boot Camp AD 8:35 Pound AD 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 Cycle LN	5 5:35 Barre tone AD 8:35 Intervals AD 11:00 Senior Yoga NJ 5:45 Yoga JS	6 8:30 Power Yoga JS 9:45 Strength training SP <hr/> 7 1:15 No Class Today
8 5:35 Step Cardio AD 8:35 RIPPED AD 9:45 Zumba® Toning LP 12:00 Switching DM 5:15 Hip Hop Cycle KB 6:00 Power Circuit KW 7:00 Yoga JS	9 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	10 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 JS	11 5:35 EMOM AD 8:35 Pound AD 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 Cycle LN	12 5:35 20-20-20 AD 8:35 All ball sport AD 11:00 Senior Yoga NJ 5:45 Yoga JS	13 8:30 Power Yoga JS 9:45 Barre TW <hr/> 14 1:15 Pound Unplugged CS
15 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 Boot Camp KW 7:00 Yoga JS	16 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	17 5:35 Heavy Strength Training AD 8:35 Kettlebell AMPD® AD 12:00 Switching DM 5:00 CYCLE LN 6:00 Boot Camp SP 7:00 Yoga NR	18 5:35 HIIT Intervals AD 8:35 Pound AD 9:45 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 Cycle LN	19 5:35 Buns and Guns AD 8:35 Power Attack AD 11:00 Senior Yoga NJ 5:45 Yoga JS	20 8:30 Power Yoga JS 9:45 SOTF AD/KW <hr/> 21 1:15 No Class Today

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
22 5:35 20-20-20 AD 8:35 Barre ToneAD 9:45 Zumba@ Toning LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 All ball sport.....KW 7:00 Yoga JS	23 5:35 Cycle SP 8:35 Piloxing@AD 9:45 Zumba@ LP 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 TRX/Kickboxing..... KW	24 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 JS	25 5:35 Boot Camp AD 8:35 Pound AD 9:45 Step CardioAD 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 Cycle LN	26 5:35 Members Choice..... AD 8:35 Intervals..... AD 11:00 Senior Yoga NJ 5:45 Yoga.....JS	27 8:30 Power Yoga JS 9:45 SOTFAD/KW 9:45 Barre TW <hr/> 28 1:15 Pound Unplugged CS
29 5:35 Step Cardio..... AD 8:35 RIPPEDAD 9:45 Zumba@ Toning LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Power CircuitKW 7:00 Yoga JS	30 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	31 5:35 Strength TrainingAD 8:35 Kettlebell AMPD@AD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Boot Camp SP 7:00 Yoga on the ballJS	Survival of the fittest mandatory classes Saturday's at 9:45am!!!!!! January 15th- February 25th		

Connect with the Mauldin Sports Center:

[Facebook](#) | [Instagram](#) | [City Website](#)



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 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**