





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

Mauldin Sports Center April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1 5:35 Interval Circuit AD 8:35 Barre Tone AD 9:45 Zumba @ Toning..... LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Strength Training.....KW 7:00 Restorative YogaJS	2 5:35 Cycle & Core..... 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	3 5:35 Heavy Strength Training.....AD 8:35 Strength TrainingAD 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Boot Camp SP 7:00 YogaNR	4 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 5:05 POUND AD/KW 6:00 45 min Thursday LN 7:00 Cycle & coreLN	5 5:35 TRX & Core..... AD 8:35 Intervals..... AD 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	6 8:30 Power Yoga JS 9:45 Boot CampSP <hr/> 7 No Class Today
8 5:35 Step Cardio..... AD 8:35 Cardio & Core..... AD 9:45 Zumba @ Toning..... LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Strength Training Circuit --KW 7:00 Restorative YogaJS	9 5:35 Cycle & Core..... 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 Kettlebell AMPD @AD 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Boot Camp LN 7:00 Yoga JS	11 5:35 20-20-20 AD 8:35 PoundAD 9:45 Step Cardio..... AD 9:45 Zumba @LP 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga TB 5:05 No class today 6:00 45 min Thursday LN 7:00 Cycle & coreLN	12 5:35 Buns and Guns..... AD 8:35 All ball sport AD 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	13 8:30 Power Yoga JS 9:45 Butts and Gutts..... KW <hr/> 14 No Class Today
15 5:35 Power Circuit AD 8:35 20-20-20 AD 9:45 Zumba @ Toning..... LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Strength TrainingKW 7:00 Restorative YogaJS	16 5:35 Piloxing..... AD 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 Strength Training.....AD 8:35 Strength TrainingAD 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Boot Camp LN 7:00 YogaNR	18 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 5:05 POUND AD/KW 6:00 45 min Thursday LN 7:00 Cycle & coreLN	19 5:35 Pound AD 8:35 Power Attack AD 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	20 8:30 Power YogaTB 9:45 Barre TW <hr/> 21 No Class Today

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
22 5:35 Step CardioAD 8:35 Barre ToneAD 9:45 Zumba@ Toning LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Strength Training Circuit ..KW 7:00 Restorative Yoga JS	23 5:35 Cycle & Core 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 on the ball JS	25 5:35 EMOM..... AD 8:35 Pound AD 9:45 Step CardioAD 9:45 Zumba@ LP 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga TB 5:05 No class today 6:00 45 min Thursday LN 7:00 Cycle & core LN	26 5:35 Bun and Guns AD 8:35 Power Circuit.....AD 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	27 8:30 Power Yoga JS 9:45 Barre TW <hr/> 28 No Class Today
29 5:35 Power Circuit..... AD 8:35 Cardio and Core.....AD 9:45 Zumba@ Toning LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Strength TrainingKW 7:00 Restorative Yoga JS	30 5:35 Cycle & Core..... 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		Connect with the Mauldin Sports Center: Facebook Instagram   @mauldinsportscenter		

Hydration 101:

Studies suggest losing as little as 1-2% of your body weight in water can lead to:

- Reduced speed and strength
- Reduced agility and reaction time
- Decreased focus and mental sharpness
- Increased risk for injury
- Faster time to fatigue

To avoid dehydration, it's important to drink water throughout the day and replace water and electrolytes lost through sweat.

Drinking enough water each day is crucial for many reasons:

1. Regulates your body temperature
2. Keeps joints lubricated
3. Helps prevent infections

4. Keeps your organs functioning properly
5. Helps deliver nutrients to the cells
6. Helps improve your sleep quality
7. Helps your daily thinking
8. Helps your mood stay more positive

How to stay hydrated?

Every person needs a different amount of water per day. It will vary depending on your exercise routine, how much you sweat, your size, etc. Easy ways to stay hydrated:

1. Keep water close by always
2. Set a goal to drink water every 30 minutes
3. Hydrate when you exercise AND replace what you lose during exercise

Questions? Please contact
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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

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