




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

Mauldin Sports Center March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1 5:35 Barre & Core..... AD 8:35 Intervals..... AD 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	2 8:30 Power Yoga JS 9:45 Intervals KW <hr/> 3 1:15 No Class Today
4 5:35 Power Attack AD 8:35 Barre Tone AD 9:45 Zumba @ Toning..... LP 12:00 Switching DM 5:15 Hip Hop Cycle KB 6:00 Strength Training..... KW 7:00 Restorative Yoga JS	5 5:35 Cycle & Core..... 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	6 5:35 Kettlebell AMPD @ AD 8:35 Strength Training AD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Boot Camp LN 7:00 Yoga JS	7 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 JS 5:15 Pound Unplugged CS 6:00 45 min Thursday LN 7:00 Cycle & core LN	8 5:35 Core-Fusion..... AD 8:35 All ball sport AD 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	9 8:30 Power Yoga JS 9:45 Pound AD/KW <hr/> 10 1:15 Pound Unplugged CS
11 5:35 Step Cardio..... AD 8:35 20-20-20 AD 9:45 Zumba @ Toning..... LP 12:00 Switching DM 5:15 Hip Hop Cycle KB 6:00 Strength Training Circuit --KW 7:00 Restorative Yoga JS	12 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	13 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	14 5:35 Boot Camp Circuit..... 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 Pound Unplugged CS 6:00 45 min Thursday LN 7:00 Cycle & core LN	15 5:35 Pound AD 8:35 Power Attack AD 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	16 8:30 Power Yoga JS 9:45 Intervals SP <hr/> 17 1:15 Pound Unplugged CS 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
18 5:35 Power CircuitAD 8:35 Barre ToneAD 9:45 Zumba @ Toning LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Strength TrainingKW 7:00 Restorative Yoga JS	19 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	20 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	21 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 POUND.....AD/KW 6:00 45 min ThursdayKW 7:00 No class tonnight	22 5:35 Rip & Ride (cycle)..... SP 8:35 No Class Today 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	23 8:30 Power Yoga JS 9:45 Butts and Guts KW <hr/> 24 1:15 Pound Unplugged CS
25 5:35 Step Cardio..... AD 8:35 Cardio and 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 Yoga JS	26 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	27 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	28 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 & core LN	29 5:35 Instructors choice SP 8:35 No Class Today 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	30 8:30 Power Yoga JS 9:45 IntervalsSP <hr/> 31 1:15 No Pound Today

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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 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