



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

Mauldin Sports Center May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 5:35 Heavy Strength Training.....AD 8:00 Strength Training.....AD 12:00 Switching.....DM 5:00 CYCLE.....LN 6:00 Boot CampLN 7:00 YogaNR	2 5:35 IntervalsSP 8:35 Intervals.....LN 9:45 Zumba@LP 10:45 Silver Sneakers@ circuit DM 11:45 Chair YogaTB 5:05 No class today 6:00 45 min Thursday.....LN 7:00 Cycle & coreLN	3 5:35 Cycle and SculptSP 11:00 Senior YogaJS 5:45 Restorative YogaJS	4 8:30 Power YogaJS 9:45 Going the distance.....KW <hr/> 5 No Class Today
6 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 Buns and Guns.....KW 7:00 Restorative YogaJS	7 5:35 Cycle & Core.....SP 8:35 Piloxing@AD 9:45 Zumba@LP 10:45 Silver Sneakers@ circuitJB 11:45 Chair YogaRC 12:35 Tai ChiRC 6:00 TRX/KickboxingKW	8 5:35 Functional Strength.....AD 8:35 Kettlebell AMPD@AD 12:00 No Class Today 5:00 CYCLE.....SP 6:00 Boot CampSP 7:00 YogaJS	9 5:35 20-20-20AD 8:35 PoundAD 9:45 Step Cardio.....AD 9:45 Zumba@LP 10:45 Silver Sneakers@ circuit JB 11:45 Chair YogaTB 5:05 POUND.....AD/KW 6:00 45 min Thursday.....KW 7:00 No class tonight	10 5:35 TRX/KickboxingAD 8:35 All ball sportAD 11:00 Senior YogaNJ 5:45 Restorative YogaTB	11 8:30 MobilityKW 9:45 Going the distance..KW/AD <hr/> 12 No Class Today
13 5:35 Interval CircuitAD 8:35 20-20-20AD 9:45 Zumba@ Toning.....LP 12:00 Switching.....DM 5:15 Hip Hop CycleKB 6:00 Strength TrainingKW 7:00 Restorative YogaJS	14 5:35 Cycle & Core.....SP 8:35 Piloxing@AD 9:45 Zumba@LP 10:45 Silver Sneakers@ circuitDM 11:45 Chair YogaRC 12:35 Tai ChiRC 6:00 All ball circuitKW	15 5:35 Kettlebell AMPD@AD 8:35 Strength TrainingAD 12:00 Switching.....DM 5:00 CYCLE.....LN 6:00 Boot CampLN 7:00 YogaNR	16 5:35 Boot Camp CircuitAD 8:35 PoundAD 9:45 Step Cardio.....AD 9:45 Zumba@LP 10:45 Silver Sneakers@ circuitDM 11:45 Chair YogaTB 5:05 No class today 6:00 45 min Thursday.....LN 7:00 Cycle & coreLN	17 5:35 PoundAD 8:35 Power AttackAD 11:00 Senior YogaNJ 5:45 Restorative YogaJS	18 8:30 No Class Today 9:45 Going the distance.....AD <hr/> 19 No Class Today

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
20 5:35 Step CardioAD 8:35 Barre ToneAD 9:45 Zumba@ ToningLP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Buns and GunsKW 7:00 Restorative YogaJS	21 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	22 5:35 Strength Training.....AD 8:35 Heavy Strength Circuit.....AD 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Boot Camp SP 7:00 Yoga on the ballJS	23 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 Thursday LN 7:00 Cycle & core LN	24 5:35 Bun and Guns AD 8:35 Power Circuit.....AD 11:00 Senior Yoga NJ 5:45 Restorative YogaTB	25 8:30 Barre ToneAD 9:45 Going the distance..AD/KW 26 No Class Today

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Closed Happy Memorial day



28 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 All ball circuit KW

29 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 YogaJS

30 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 5:05 No class today 6:00 45 min Thursday LN 7:00 Cycle & core LN

31 5:35 Tic Tac InstructorAD 8:35 All ball sportAD 11:00 Senior Yoga NJ 5:45 Restorative YogaTB

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GET MOVING OUTSIDE :)

Interval training 4: Park bench

- ◆ 5 minute warm up walk or light jog
- ◆ 45 seconds mountain climbers hands on bench
- ◆ 45 seconds mountain climbers toes on bench
- ◆ 45 seconds Triceps push-ups
- ◆ 45 seconds Tricep Dips
- ◆ 45 seconds squats to the bench
- ◆ 45 seconds squat hops to the bench (hop when standing)

- ◆ 45 seconds plank hold
- ◆ 45 seconds push-ups into alternating side plank
- ◆ 1 minute standing butt kicks or hamstring curls
- ◆ 1 minute standing high knees or marches
- ◆ Walk 5 minutes briskly
- ◆ Repeat 3-4 times

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