



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

# Mauldin Sports Center June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p><b>New class: Essentrics-</b>            A functional fitness class designed to address the needs of your full body; to build global strength and mobility.</p>			<p><b>New class: Essentrics-</b>            A functional fitness class designed to address the needs of your full body; to build global strength and mobility.</p>		<p>1            8:30 Power Yoga ..... JS            9:45 Going the distance..KW/AD</p> <hr/> <p>2            1:15pm Essentrics .....BC</p>
<p>3            5:35 Step Cardio..... AD            8:35 Cardio &amp; Core..... AD            9:45 Zumba@ Toning..... LP            12:00 Switching..... DM            5:15 Hip Hop Cycle .....KB            6:00 Buns and Guns.....KW            7:00 Restorative Yoga .....JS</p> <p><b>Trevor Booker Basketball Camp</b></p>	<p>4            5:35 Pound ..... AD            8:35 Piloxing@ ..... AD            9:45 Zumba @ ..... LP            10:45 Silver Sneakers@ circuitJB            11:45 Chair Yoga ..... RC            12:35 Tai Chi ..... RC            6:00 TRX/Kickboxing ..... KW</p> <p><b>Trevor Booker Basketball Camp</b></p>	<p>5            5:35 Functional Strength.....AD            8:35 Kettlebell AMPD @ .....AD            9:45 Essentrics ..... BC            12:00 Switching..... DM            5:00 CYCLE..... AD            6:00 No class tonight            7:00 Yoga .....NR</p> <p><b>Trevor Booker Basketball Camp</b></p>	<p>6            5:35 Body Bar Combat/Strength-AD            8:35 Pound .....AD            9:45 Step Cardio..... AD            9:45 No class today            10:45 Silver Sneakers@ circuit JB            11:45 No class today            6:00 45 min Thursday.....KW            7:00 No class tonight</p> <p><b>Trevor Booker Basketball Camp</b></p>	<p>7            5:35 Killer Core..... AD            8:35 All ball sport..... AD            9:45 Essentrics .....BC            11:00 Senior Yoga ..... NJ            5:45 Restorative Yoga .....JS</p> <p><b>Trevor Booker Basketball Camp</b></p>	<p>8            8:30 Power Yoga ..... JS            9:45 Buns and Guns ..... KW</p> <hr/> <p>9            1:15pm Essentrics .....BC</p>
<p>10            5:35 Interval Circuit ..... 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 .....KW            7:00 Restorative Yoga .....JS</p>	<p>11            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 All ball circuit ..... KW</p>	<p>12            5:35 Kettlebell AMPD @ .....AD            8:35 Functional Strength.....AD            9:45 Essentrics ..... BC            12:00 Switching..... DM            5:00 CYCLE..... LN            6:00 Boot Camp ..... LN            7:00 Yoga on the ball ..... JS</p>	<p>13            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 ..... JS            6:00 45 min Thursday..... LN            7:00 Cycle &amp; core .....LN</p>	<p>14            5:35 Barre tone ..... AD            8:35 Power Attack ..... AD            9:45 Essentrics .....BC            11:00 Senior Yoga ..... NJ            5:45 Restorative Yoga .....JS</p>	<p>15            8:30 Power Yoga ..... JS            9:45 Barre ..... TW</p> <hr/> <p>16            1:15pm Essentrics .....BC</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
17 5:35 Step Cardio .....AD 8:35 Barre Tone .....AD 9:45 Zumba@ Toning ..... LP 12:00 Switching..... DM 5:15 Hip Hop Cycle .....KB 7:00 Restorative Yoga ..... JS	18 5:35 Pound ..... AD 8:35 Piloxing@ ..... AD 9:45 Zumba@ ..... LP 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga ..... RC 12:35 Tai Chi ..... RC	19 5:35 Functional Strength TrainingAD 8:35 Strength training .....AD 9:45 Essentrics.....BC 12:00 No Switching ..... 5:00 CYCLE ..... LN 6:00 Boot Camp .....LN 7:00 Yoga ..... NR	20 9:45 Zumba@ ..... LP 10:45 Silver Sneakers® circuit JB 11:45 No class today 6:00 45 min Thursday ..... LN 7:00 Cycle & core ..... LN	21 9:45 Essentrics .....BC 11:00 Senior Yoga ..... NJ 5:45 Restorative Yoga .....JS	22 8:30 Power Yoga ..... JS <hr/> 23 1:15pm Essentrics ..... BC
24 5:35 Interval Circuit ..... AD 8:35 20-20-20 .....AD 9:45 Zumba@ Toning ..... LP 12:00 No switching ..... DM 5:15 Hip Hop Cycle .....KB 6:00 Strength Training .....KW 7:00 Restorative Yoga ..... JS	25 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 All ball circuit ..... KW	26 5:35 Heavy Strength Training .....AD 8:35 Kettlebell AMPD@ .....AD 9:45 Essentrics.....BC 12:00 Switching..... DM 5:00 CYCLE ..... LN 6:00 Boot Camp .....LN 7:00 Yoga on the ball ..... JS	27 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 6:00 45 min Thursday ..... LN 7:00 Cycle & core ..... LN	28 5:35 Killer Core ..... AD 8:35 All ball sport ..... AD 9:45 Essentrics .....BC 11:00 Senior Yoga ..... NJ 5:45 Restorative Yoga .....JS	29 8:30 Power Yoga ..... JS 9:45 Step Cardio .....AD <hr/> 30 1:15pm Essentrics ..... BC

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**Questions? Please contact**  
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 864-335-4858

**Instructor List:**  
 AD ..... Amanda  
 BC ..... Bec  
 DM ..... Dianne  
 JB ..... Joy  
 JS ..... Jenny  
 KW ..... Kayla  
 KB ..... Keith  
 LP ..... Lori  
 LN ..... Liza  
 NR ..... Nancy  
 NJ ..... Nicole  
 RC ..... Rebecca  
 TW ..... Taryn  
 TB ..... Teri

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