




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

Mauldin Sports Center July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1 5:35 All Ball Sport..... AD 8:35 Barre Tone AD 9:45 Zumba @ Toning..... LP 12:00 Switching DM 5:15 Hip Hop CycleKB 6:00 Buns and Guns.....KW 7:00 Restorative Yoga JS	2 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	3 5:35 Strength Training.....AD 8:35 Functional strengthAD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Boot Camp LN 7:00 YogaNR	4 Closed 	5 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	6 8:30 Power Yoga JS 9:45 Interval TrainingKW <hr/> 7 1:15pm EssentricsBC
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.....KW 7:00 Restorative YogaJS	9 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 All ball circuit KW	10 5:35 Functional Strength.....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	11 5:35 Body Bar Combat/Strength AD 8:35 PoundAD 9:45 Step Cardio..... AD 9:45 Zumba @LP 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga JS 6:00 45 min Thursday LN 7:00 Cycle & coreLN	12 5:35 Killer Core..... AD 8:35 All ball sport AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	13 8:30 Power Yoga JS 9:45 No class <hr/> 14 1:15pm EssentricsBC
15 5:35 Interval Circuit AD 8:35 20-20-20 AD 9:45 Zumba @ Toning..... LP 12:00 Switching DM 5:15 Hip Hop CycleKB 6:00 Buns and Guns.....KW 7:00 Restorative Yoga JS	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 CHRISTMAS IN JULY !!!!! TRX/Kickboxing KW	17 5:35 Kettlebell AMPD @AD 8:35 Strength TrainingAD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Boot Camp LN 7:00 YogaNR	18 5:35 TRX/Kickboxing AD 8:35 PoundAD 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 & coreLN	19 5:35 Tic Tac Toe AD 8:35 Intervals..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	20 8:30 Power Yoga JS 9:45 PoundAD <hr/> 21 1:15pm EssentricsBC

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 TrainingKW 7:00 Restorative Yoga JS	23 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 6:00 All ball sport KW	24 5:35 Functional Strength AD 8:35 Kettlebell AMPD @AD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Boot CampLN 7:00 Yoga on the ball.....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 6:00 45 min Thursday LN 7:00 Cycle & core LN	26 5:35 Killer Core AD 8:35 All ball sport AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	27 8:30 Power Yoga JS 9:45 No class <hr/> 28 1:15pm Essentrics BC
29 5:35 Power Attack AD 8:35 Killer CoreAD 9:45 Zumba @ Toning LP 12:00 No switching DM 5:15 Hip Hop CycleKB 6:00 Buns and GunsKW 7:00 Restorative Yoga JS	30 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	31 5:35 Heavy Strength TrainingAD 8:35 Heavy Strength TrainingAD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Boot CampLN 7:00 Yoga on the ballJS	27 5:35 EMOM AD 8:35 Pound AD 9:45 Step CardioAD 9:45 Zumba @ LP 10:45 Silver Sneakers@ circuit DM 11:45 Essentrics BC 6:00 45 min Thursday LN 7:00 Cycle & core LN	28 5:35 Tic Tac Toe AD 8:35 Power Circuit AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	29 8:30 Power Yoga JS 9:45 Butts and gutsKW <hr/> 30 1:15pm Essentrics BC

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Questions? Please contact
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 aduffie@mauldinrecreation.com or
 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

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