



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

Mauldin Sports Center August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
			1 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 YogaJS 6:00 45 min Thursday..... LN 7:00 Cycle & coreLN	2 5:35 Tic Tac Toe AD 8:35 Power Circuit..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	3 8:30 Power Yoga JS 9:45 Interval TrainingKW <hr/> 4 1:15pm EssentricsBC
5 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	6 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	7 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 YogaNR	8 5:35 EMOM..... AD 8:35 PoundAD 9:45 Step Cardio..... AD 9:45 Zumba@LP 10:45 Silver Sneakers@ circuit DM 11:45 No class today 6:00 45 min Thursday..... LN 7:00 Cycle & coreLN	9 5:35 Killer Core..... AD 8:35 All ball sport..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	10 8:30 Power Yoga JS 9:45 Step Cardio AD <hr/> 11 1:15pm EssentricsBC
12 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 YogaJS	13 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	14 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 Yoga on the ball JS	15 5:35 HIIT AD 8:35 PoundAD 9:45 Step Cardio..... AD 9:45 Zumba@LP 10:45 Silver Sneakers@ circuitDM 11:45 No class today 6:00 45 min Thursday..... LN 7:00 Cycle & coreLN	16 5:35 Tic Tac Toe AD 8:35 Intervals..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	17 8:30 Power Yoga JS 9:45 Butts and Gutts KW <hr/> 18 1:15pm EssentricsBC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
19 5:35 Interval Circuit LN 8:35 Cardio & Core LN 9:45 Zumba@ Toning LP 12:00 Switching..... DM 5:15 Hip Hop Cycle KB 6:00 Strength Training KW 7:00 Restorative Yoga NR	20 5:35 CYCLE..... LN 8:35 Strength Training LN 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	21 5:35 Essentrics BC 8:35 CYCLE LN 9:45 Essentrics..... BC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Boot Camp LN 7:00 Yoga NR	22 5:35 Boot Camp LN 8:35 Strength Training LN 9:45 CYCLE LN 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	23 5:35 Strength and Core LN 8:35 Intervals LN 9:45 Essentrics BC 11:00 No class today 5:45 Essentrics BC	24 8:30 Mobility KW 9:45 TRX/Kickboxing KW <hr/> 25 1:15pm Essentrics BC
26 5:35 Power Attack AD 8:35 Killer Core AD 9:45 Zumba@ Toning LP 12:00 No switching DM 5:15 Hip Hop Cycle KB 6:00 Buns and Guns KW 7:00 Restorative Yoga JS	27 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 TRX/Kickboxing KW	28 5:35 Strength Training AD 8:35 Heavy Strength Training 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	29 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	30 5:35 Tic Tac Toe AD 8:35 Power Circuit AD 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	31 8:30 Power Yoga JS 9:45 Pound AD <hr/>

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Questions? Please contact
 Amanda Duffie
 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