



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

# Mauldin Sports Center September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>2</p> <p style="text-align: center;"><b>Closed Happy Labor Day</b></p>	<p>3</p> <p>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>4</p> <p>:35 Functional Strength.....AD            8:35 Strength Training .....AD            9:45 Essentrics ..... BC            12:00 Switching..... DM            5:00 CYCLE ..... AD</p>	<p>5</p> <p>5:35 TRX/Kickboxing ..... AD            8:35 Pound .....AD            9:45 Step Cardio..... AD            9:45 Zumba @ .....LP            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga..... TB            5:00 Cycle..... LN            6:00 45 min Thursday ..... LN</p>	<p>6</p> <p>5:35 Buns and guns ..... AD            8:35 Power Circuit..... AD            9:45 Essentrics .....BC            11:00 Senior Yoga ..... NJ            5:45 Restorative Yoga .....JS</p>	<p>7</p> <p>8:30 Power Yoga ..... JS</p> <hr/> <p>8</p> <p>1:15pm Essentrics .....BC</p>
<p>9</p> <p>5:35 Step Cardio..... AD            8:35 Cardio &amp; Core..... AD            9:45 No class today            12:00 Switching ..... DM            5:15 Hip Hop Cycle .....KB            6:00 Strength Training.....KW            7:00 Restorative Yoga ..... JS</p>	<p>10</p> <p>5:35 Pound ..... 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</p>	<p>11</p> <p>5:35 Strength Circuit.....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 ..... JS</p>	<p>12</p> <p>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..... TB            5:00 Cycle..... LN            6:00 45 min Thursday ..... LN</p>	<p>13</p> <p>5:35 Barre ..... AD            8:35 All ball sport..... AD            9:45 Essentrics .....BC            11:00 Senior Yoga ..... NJ            5:45 Restorative Yoga .....JS</p>	<p>14</p> <p>8:30 Power Yoga ..... JS            9:45 Strength Training .....KW</p> <hr/> <p>15</p> <p>1:15pm Essentrics .....BC</p>
<p>16</p> <p>5:35 Intervals ..... AD            8:35 20-20-20 ..... 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>17</p> <p>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>18</p> <p>5:35 Kettlebell AMPD @.....AD            8:35 Strength Training .....AD            9:45 Essentrics ..... BC            12:00 Switching..... DM            5:00 CYCLE..... LN            6:00 Boot Camp ..... LN            7:00 Yoga .....NR</p>	<p>19</p> <p>5:35 HIIT ..... AD            8:35 Pound .....AD            9:45 Step Cardio..... AD            9:45 Zumba @ .....LP            10:45 Silver Sneakers@ circuitDM            11:45 Chair Yoga..... TB            5:00 Cycle..... LN            6:00 45 min Thursday ..... LN</p>	<p>20</p> <p>5:35 Tic Tac Toe ..... AD            8:35 Intervals..... AD            9:45 Essentrics .....BC            11:00 Senior Yoga ..... NJ            5:45 Restorative Yoga .....JS</p>	<p>21</p> <p>8:30 Power Yoga ..... JS            9:45 Butts and Gutts ..... KW</p> <hr/> <p>22</p> <p>1:15pm Essentrics .....BC</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
23 5:35 Step Cardio ..... AD 8:35 Cardio & Core .....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	24 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	25 5:35 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	26 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 5:00 Cycle..... LN 6:00 45 min Thursday ..... LN	27 5:35 No class 8:35 Intervals..... LN 9:45 Essentrics.....BC 11:00 Senior Yoga ..... NJ 5:45 Restorative Yoga .....JS	28 8:30 8:30 Power Yoga ..... JS 9:45 TRX/Kickboxing.....KW <hr/> 29 1:15pm Essentrics ..... BC
30 5:35 Power ..... AD 8:35 Barre .....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					

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**Questions? Please contact**  
 Amanda Duffie  
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**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**