



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

Mauldin Sports Center November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1 5:35 Mash-up AD 8:35 Power Circuit..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	2 8:30 Mobility..... KW 9:45 Intervals KW <hr/> 3 1:15pm EssentricsBC
4 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	5 5:35 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 sport.....LN	6 5:35 Strength Circuit.....AD 8:35 Kettlebell AMPD @AD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Interval Training LN	7 5:35 EMOM..... AD 8:35 PoundAD 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	8 5:35 Tic Tac Toe..... AD 8:35 Intervals..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	9 8:30 Power Yoga JS <hr/> 10 1:15pm EssentricsBC
11 5:35 Bosu Blast..... 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	12 5:35 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	13 5:35 Kettlebell AMPD @AD 8:35 Strength TrainingAD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Interval Training LN	14 5:35 Beast Mode AD 8:35 PoundAD 9:45 Step Cardio..... AD 9:45 Zumba @LP 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga..... TB 5:00 PoundAD	15 5:35 Mobility Fusion AD 8:35 No class today 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	16 8:30 Mobility..... KW 9:45 Butts and Gutts KW <hr/> 17 1:15pm EssentricsBC


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18 5:35 Step Cardio AD 8:35 Cardio & CoreAD 9:45 Zumba@ Toning LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Strength TrainingKW 7:00 Restorative Yoga JS	19 5:35 Piloxing@ 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	20 5:35 Strength TrainingAD 8:35 Kettlebell AMPD@AD 9:45 Essentrics.....BC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Interval TrainingLN	21 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 5:00 Cycle..... LN 6:00 45 min Thursday LN	22 5:35 Pound AD 8:35 Intervals.....AD 9:45 Essentrics.....BC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	23 8:30 8:30 Power Yoga JS <hr/> 24 1:15pm Essentrics BC
25 5:35 TRX-Boot Camp AD 8:35 BarreAD 9:45 Zumba@ Toning LP 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Buns and GunsKW 7:00 Restorative Yoga JS	26 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/KickboxingKW	27 5:35 Functional StrengthAD 8:35 Strength TrainingAD 9:45 Essentrics..... BC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Interval TrainingLN	28 <p style="text-align: center;">Closed – Happy Thanksgiving</p>	29 <p style="text-align: center;">No classes today Please see the below workout</p>	30 8:30 Mobility.....KW 9:45 Butts and GuttsKW

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@mauldinsportscenter



Give Thanks Workout

BLOCK #1
400 meter run (.25 mile)
3 rounds:
20 air squats
10 push up side planks (1 push up, 1 side plank)
15 sit ups or v-ups

BLOCK #2
400 meter run (.25 mile)
3 rounds:
20 mountain climbers
10 tripep dips
15 bicycle crunches

BLOCK #3
400 meter run (.25 mile)
3 rounds:
20 lunges (each leg)
10 burpees
15 plank walks (high plank to forearm plank)

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