



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

Mauldin Sports Center October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1 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/KickboxingKW	2 :35 Functional Strength.....AD 8:35 Strength TrainingAD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Interval Training LN	3 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..... TB 5:00 Cycle.....LN 6:00 45 min Thursday LN	4 5:35 Killer Core AD 8:35 Power Circuit..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 No class today	5 8:30 Mobility..... KW 9:45 Intervals KW <hr/> 6 1:15pm EssentricsBC
7 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	8 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..... KW	9 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	10 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	11 5:35 8:35 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	12 8:30 Power Yoga JS <hr/> 13 1:15pm EssentricsBC
14 5:35 Intervals 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	15 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/KickboxingKW	16 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	17 5:35 HIIT 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 Cycle.....LN 6:00 45 min Thursday LN	18 5:35 Pound AD 8:35 Intervals..... AD 9:45 EssentricsBC 11:00 No class today 5:45 Restorative YogaJS	19 8:30 Mobility..... KW 9:45 Butts and Gutts KW <hr/> 20 1:15pm EssentricsBC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
21 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 Yoga..... JS	22 5:35 Piloxing@..... AD 8:35 Zumba@..... LP 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 All ball sport..... KW	23 5:35 Strength Training.....AD 8:35 Kettlebell AMPD@.....AD 9:45 Essentrics..... BC 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Interval TrainingLN	24 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	25 5:35 Tic Tac ToeAD 8:35 Intervals.....AD 9:45 Essentrics.....BC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	26 8:30 8:30 Power Yoga JS <hr/> 27 1:15pm Essentrics BC
28 5:35 Power AD 8:35 BarreAD 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	29 5:35 Piloxing@..... AD 8:35 Zumba@..... LP 10:45 Silver Sneakers® circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 TRX/Kickboxing.....KW	30 5:35 Kettlebell AMPD@.....AD 8:35 Strength Training.....AD 9:45 Essentrics..... BC 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Interval TrainingLN	31 Happy Halloween 5:35 Boot Camp Circuit.....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 <p style="text-align: center;">Dress up for Halloween and win a prize!</p>		

Connect with the Mauldin Sports Center:

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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**