



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

Mauldin Sports Center December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
30 5:35 Step Cardio..... AD 8:35 Mobility Fusion..... 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	31 Close at 5:00pm 9:45 Zumba @ LP 10:00 Mom's In Motion..... RO 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC				<hr/> 1 1:15pm EssentricsBC
2 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	3 8:35 Piloxing@ AD 9:45 Zumba @ LP 10:00 Mom's In Motion..... AD/RO 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 All ball sport..... KW	4 5:35 Strength Circuit.....AD 8:35 Kettlebell AMPD @AD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 PoundAD 6:00 No class tonight	5 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	6 5:35 Cycle and Core LN 8:35 Intervals..... LN 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	7 8:30 Power Yoga JS <hr/> 8 1:15pm EssentricsBC
9 5:35 Cardio and Core AD 8:35 Beast Mode..... 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	10 8:35 Piloxing@ AD 9:45 Zumba @ LP 10:00 Mom's In Motion..... AD/RO 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 No Class tonight	11 5:35 Kettlebell AMPD @AD 8:35 Functional Strength.....AD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Interval Training LN 7:00 Yoga on the ball JS	12 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 Cycle..... LN 6:00 45 min Thursday..... LN	13 5:35 Mobility Fusion AD 8:35 20-20-20..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ No Afternoon classes this afternoon	14 No Classes- Room not available <hr/> 15 1:15pm EssentricsBC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
16 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	17 8:35 Piloxing@ AD 9:45 Zumba@ LP 10:00 Mom's In Motion AD /RO 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 All ball sport KW	18 5:35 Functional StrengthAD 8:35 Kettlebell AMPD@AD 9:45 Essentrics..... BC 12:00 Switching..... DM 5:00 CYCLE LN 6:00 Interval TrainingLN	19 5:35 Beast Mode..... 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	20 5:35 Tic Tac Toe..... AD 8:35 Power Attack.....AD 9:45 Essentrics.....BC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	21 8:30 Step Cardio..... AD <hr/> 22 1:15pm Essentrics BC
23 5:35 TRX-Boot Camp AD 8:35 BarreAD 12:00 Switching..... DM 5:15 Hip Hop CycleKB 6:00 Buns and GunsKW 7:00 Restorative Yoga JS	24 Closing at 12:00pm 5:35am- Pound AD	25 CLOSED MERRY CHRISTMAS	26 5:35 Boot Camp..... AD 8:35 Pound AD 10:45 Silver Sneakers® circuitDM 11:45 Chair Yoga..... TB 5:00 Cycle..... LN 6:00 45 min Thursday LN	27 5:35 Mash-up AD 9:45 EssentricsBC 5:45 Restorative YogaJS	28 8:30 Power Yoga JS <hr/> 29 1:15pm Essentrics..... BC

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@mauldinsportscenter

Please take a moment to tell Kayla thanks for all the years she has put you through sweat and torture as she will be retiring at the end of December. Kayla thanks for all the memories, sweat, craziness, and love you have poured into MSC. We are forever grateful!

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