



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

Mauldin Sports Center January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		<p>1</p> <p>CLOSED- HAPPY NEW YEAR</p>	<p>2</p> <p>5:35 Boot Camp 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</p>	<p>3</p> <p>5:35 Tic Tac Toe..... AD 8:35 Power Attack.....AD 9:45 Essentrics.....BC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS</p>	<p>4</p> <p>8:30 Power Yoga JS</p> <hr/> <p>5</p> <p>1:15pm EssentricsBC</p>
<p>6</p> <p>5:35 All ball sport circuit..... AD 8:35 Cardio & Core..... AD 9:45 Zumba @ Toning..... LP 12:00 Switching..... DM 5:30 Strength Training..... AD 7:00 Restorative YogaJS</p>	<p>7</p> <p>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 5:30TRX Kickboxing AD</p>	<p>8</p> <p>5:35 Strength intervals.....AD 8:35 Kettlebell AMPD @AD 9:45 Essentrics BC 12:00 Switching..... DM 5:00 CYCLE..... LN 6:00 Interval Training LN</p>	<p>9</p> <p>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</p>	<p>10</p> <p>5:35 Barre Tone AD 8:35 Intervals..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS</p>	<p>11</p> <hr/> <p>12</p> <p>1:15pm EssentricsBC</p>
<p>13</p> <p>5:35 Cardio and Core AD 8:35 Beast Mode..... AD 9:45 Zumba @ Toning..... LP 12:00 Switching DM 5:30 Functional Strength..... AD 7:00 Restorative YogaJS</p>	<p>14</p> <p>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 5:30Power Circuit AD</p>	<p>15</p> <p>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</p>	<p>16</p> <p>5:35 Boot Camp Circuit..... 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</p>	<p>17</p> <p>5:35 Tic Tac Toe..... AD 8:35 20-20-20..... AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 No Class Tonight</p>	<p>18</p> <p>8:35 Mobility Fusion..... AD</p> <hr/> <p>19</p> <p>1:15pm EssentricsBC</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>20</p> <p style="text-align: center; font-size: 2em;">Closed</p>	<p>21</p> <p>8:35 Piloxing® AD</p> <p>9:45 Zumba @ LP</p> <p>10:00 Mom's In Motion AD /RO</p> <p>10:45 Silver Sneakers® circuit DM</p> <p>11:45 Chair Yoga RC</p> <p>12:35 Tai Chi RC</p> <p>5:30 TRX Kickboxing LN</p>	<p>22</p> <p>5:35 Functional StrengthAD</p> <p>8:35 Kettlebell AMPD @AD</p> <p>9:45 Essentrics BC</p> <p>12:00 Switching DM</p> <p>5:00 CYCLE LN</p> <p>6:00 Interval Training LN</p>	<p>23</p> <p>5:35 Beast Mode AD</p> <p>8:35 Pound AD</p> <p>9:45 Step Cardio AD</p> <p>9:45 Zumba @ LP</p> <p>10:45 Silver Sneakers® circuit DM</p> <p>11:45 Chair Yoga TB</p> <p>5:00 Cycle LN</p> <p>6:00 45 min Thursday LN</p>	<p>24</p> <p>5:35 Buns and guns AD</p> <p>8:35 All ball sport circuitAD</p> <p>9:45 EssentricsBC</p> <p>11:00 Senior Yoga NJ</p> <p>5:45 Restorative YogaJS</p>	<p>25</p> <p>8:30 Power Yoga JS</p> <hr/> <p>26</p> <p>1:15pm Essentrics BC</p>
<p>27</p> <p>5:35 TRX-Boot Camp AD</p> <p>8:35 BarreAD</p> <p>9:45 Zumba @ Toning LP</p> <p>12:00 Switching DM</p> <p>5:30 Butts and GuttsAD</p> <p>7:00 Restorative Yoga JS</p>	<p>28</p> <p>8:35 Piloxing® AD</p> <p>9:45 Zumba @ LP</p> <p>10:00 Mom's In Motion AD /RO</p> <p>10:45 Silver Sneakers® circuit DM</p> <p>11:45 Chair Yoga RC</p> <p>12:35 Tai Chi RC</p> <p>5:30 All ball sport AD</p>	<p>29</p> <p>5:35 Kettlebell AMPD @AD</p> <p>8:35 Functional StrengthAD</p> <p>9:45 Essentrics BC</p> <p>12:00 Switching DM</p> <p>5:00 CYCLE LN</p> <p>6:00 Interval Training LN</p>	<p>30</p> <p>5:35 Boot Camp AD</p> <p>8:35 Pound AD</p> <p>9:45 Zumba @ LP</p> <p>10:45 Silver Sneakers® circuitDM</p> <p>11:45 Chair Yoga TB</p> <p>5:00 Cycle LN</p> <p>6:00 45 min Thursday LN</p>	<p>31</p> <p>5:35 Tic Tac Toe AD</p> <p>8:35 Power CircuitAD</p> <p>9:45 EssentricsBC</p> <p>11:00 Senior Yoga NJ</p> <p>5:45 Restorative YogaJS</p>	

Connect with the Mauldin Sports Center:

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@mauldinsportscenter

Survival of the fittest starting February 2025!

Monday and Tuesday evening classes now start at 5:30pm

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