



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

Mauldin Sports Center February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					1 8:30 Survival of the fittest AD/RO <hr/> 2 1:15pm Essentrics BC
3 5:35 All ball sport circuitAD 8:35 Barre.....AD 9:45 Zumba @ Toning LP 12:00 Switching JB 6:00 Strength Training RO 7:00 Restorative YogaJS	4 8:35 Piloxing@AD 9:45 Zumba @LP 10:00 Mom's In MotionRO 10:45 Silver Sneakers@ circuit JB 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 TRX Kickboxing.....RO	5 5:35 Strength intervalsAD 8:35 Strength trainingAD 9:45 Essentrics.....BC 12:00 Switching JB 5:00 CYCLE..... LN 6:00 Interval Training LN	6 5:35 EMOM AD 8:35 PoundAD 9:45 Step Cardio AD 9:45 Zumba @LP 10:45 Silver Sneakers@ circuit JB 11:45 Chair Yoga..... TB 5:00 Cycle..... LN 6:00 45 min Thursday..... LN	7 5:35 Barre Tone AD 8:35 Intervals AD 9:45 EssentricsBC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	8 8:30 Power Yoga JS 9:45 Survival of the fittest AD/RO <hr/> 9 1:15pm Essentrics BC
10 5:35 Cardio and CoreAD 8:35 Beast Mode AD 9:45 Zumba @ Toning LP 12:00 Switching DM 6:00 All ball sport..... RO 7:00 Restorative YogaJS	11 8:35 Piloxing@AD 9:45 Zumba @LP 10:00 Mom's In MotionRO 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Power Circuit.....RO	12 5:35 Kettlebell AMPD @.....AD 8:35 Functional StrengthAD 9:45 Essentrics.....BC 12:00 Switching DM 5:00 CYCLE..... LN 6:00 Interval Training LN	13 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	14 5:35 Tic Tac Toe..... AD 8:35 20-20-20 AD 9:45 Essentrics.....BC 11:00 Senior Yoga NJ 5:45 Restorative YogaJS	15 8:30 Survival of the fittest AD/RO <hr/> 16 1:15pm Essentrics BC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
17 5:35 Step Cardio AD 8:35 20-20-20 AD 9:45 Zumba @ Toning LP 12:00 Switching DM 6:00 Strength Training RO 7:00 Restorative Yoga JS	18 8:35 Piloxing@ AD 9:45 Zumba @ LP 10:00 Mom's In Motion RO 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 TRX Kickboxing RO	19 5:35 Functional Strength AD 8:35 Kettlebell AMPD @ AD 9:45 Essentrics BC 12:00 Switching DM 5:00 CYCLE LN 6:00 Interval Training LN	20 5:35 Beast Mode 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	21 5:35 TRX?BootCamp AD 8:35 All ball sport circuit AD 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	22 8:30 Power Yoga JS 9:45 Survival of the fittest AD/RO <hr/> 23 1:15pm Essentrics BC
24 5:35 Strength Step AD 8:35 Mobility AD 9:45 Zumba @ Toning LP 12:00 Switching DM 6:00 All ball sport RO 7:00 Restorative Yoga JS	25 8:35 Piloxing@ AD 9:45 Zumba @ LP 10:00 Mom's In Motion RO 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 6:00 Power Circuit RO	26 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	27 5:35 Boot Camp AD 8:35 Pound AD 9:45 Zumba @ LP 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga TB 5:00 Pound AD 5:00 Cycle LN 6:00 45 min Thursday LN	28 5:35 Tic Tac Toe AD 8:35 Power Circuit AD 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	

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@mauldinsportscenter

Monday and Tuesday evening classes are back to 6:00pm

Questions? Please contact
Amanda Duffie
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864-335-4858

Instructor List:
 AD Amanda
 BC Bec
 DM Dianne
 JB Joy
 JS Jenny
 LP Lori
 LN Liza
 NJ Nicole
 RC Rebecca
 RO Renae
 SC Scarlett
 TW Taryn
 TB Teri

Purple Classes
are Silver
Sneakers®
and Senior
approved. Ok
for walkers to
participate in
the purple
classes