

MAULDIN SPORTS CENTER

GROUP FITNESS CLASS DESCRIPTIONS

Refer to monthly schedule for classes and class times.
NOTE: classes are subject to change.

Questions? Please contact:

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Cardio Classes:

30 Minute Thursday: This class can be anything! A high-intensity class full of cardio, strength, and agility exercises in a 30-minute time frame. It's designed for all fitness levels.

20-20-20: 20 Minutes of cardio, 20 minutes of strength training and 20 minutes of core.

Barre Tone: Enhance your muscle tone, improve posture, increase flexibility, build your core, and boost your confidence in a class that blends ballet, dance, functional strength and mind-body inspired movement. Barre Tone is not your traditional Barre as the tempo is a little quicker to elevate your heart rate. In Barre Tone you will use props such as light dumbbells, bender ball, Pilates balls, gliders, etc. This class is designed for all fitness levels. Class typically runs 45-60 minutes.

Bodyweight Conditioning: This high-energy class uses only your body weight to build strength & endurance. This class incorporates full-body, functional movements, Perfect for any fitness level.

Boot Camp: This military style class combines specific cardiovascular drills and muscle conditioning exercise using body weight, medicine balls, and track runs. This action packed class will challenge your endurance and strength.

Cardio & Core: A cardiovascular class with core strengthening movements. This class uses minimal equipment.

Cycle: Take the ride of your life in any of our indoor cycling classes. Our instructors will lead you through flatlands, sprints, sandy beaches, mountains, and hills in this 55 minute cardio workout.

Cycle & Sculpt: Cycle & Sculpt is a dynamic, full-body workout that pairs high-energy indoor cycling with off-the-bike strength and toning. You'll torch calories on the bike, then sculpt arms, legs, and core using weights, tubing, and bodyweight exercises. Expect great music, powerful intervals, and a balanced workout that builds endurance, strength, and confidence perfect for all fitness levels.

Every Minute on the Minute (EMOM): A workout method in which you perform a certain number of reps of an exercise within a given amount of time (usually one minute).

Cardio Classes (continued):

High Fitness: Experience a modern twist on aerobics in a non-stop, action-packed mix of cardio, toning, and push tracks that will take your fitness to the next level. This no-equipment format uses simple, set choreography and will become the cardio workout you never dread. HIGH is easy to follow and a total blast! Adaptable to all levels of fitness, you can go high or you can go low, but you will always leave feeling HIGH.

HIIT: Expect a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

Intervals: This class needs no description. It is intense filled with intervals for an all over workout of cardiovascular, resistance training.

Instructors Choice: Don't worry! Is exactly what it sounds like! It is completely up to the instructor to pick what class they want to teach. It could range from yoga to boot camp, but you will they decide to teach until you arrive! This class is formatted for all fitness levels. Class typically runs 45-60 minutes.

Mash-Up: Enjoy a fusion of any strength, cardio, or choreographed classes offered at MSC. As the music changes you change what format of exercises you are performing. Mash-up is for all fitness levels.

Piloxing® (60 minutes): A non-stop, cardio fusion of standing Pilates, boxing, and dancing that will push you past your limits for a sleek, sexy, powerful you!

POUND® (45 minutes): A full-body cardio jam session, combining light resistance with constant simulated drumming with up to 15,000 reps. We move through over 30 extended interval peaks and over 70 techniques effortlessly. You'll burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, stronger physique - all while rocking out to your favorite music!

Power Circuit (45 minutes): Fun and fast-moving 45 minute class that incorporate full-body strength and cardio exercises into a circuit of 6-15 exercises.

Step Cardio: A low impact, high intensity workout using an adjustable platform. This class mixes old school step moves with a modern twist. You can make it as intense as your body allows all while stepping to the beat.

TRX/Kickboxing Circuit: A functional workout comprised of suspension trainer exercises and kickboxing moves on the heavy bag for endurance, power, strength, and mobility. Be ready to take it to the next level with a fun but challenging workout.\

Tabata: Tabata training is a form of high intensity interval training. You will push yourself as hard as you can for 20 seconds and rest for 10 seconds until you complete eight sets of an exercise. This class typically only lasts 20-30 minutes max plus cool down and stretching.

Dance Classes:

Hip Hop Island Fusion Dance: Feel the beat, move your feet. Get ready to sweat and smile in this high-energy dance class that blends bold, rhythmic moves of hip hop with feel-good vibes of the Caribbean. Whether you're a seasoned dancer or or just looking to move your body, this class is designed for all fitness levels.

Zumba®: -A fusion of Latin and international music that combines high energy and motivating music with unique moves that allow participants to fade away their worries. Routines include aerobic fitness interval training with a mix of fast and slow rhythms that tone and sculpt the body.

Zumba® Toning: It's a party with an extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so your muscles stay engaged! Lightweight maraca-like Toning Sticks enhance the sense of rhythm and coordination, while toning target zones including arms, core and lower body.



Silver Sneakers® Classes:

Silver Sneakers® Circuit (60 minutes): Do you want to improve your muscular strength, flexibility, balance, and endurance. Light hand weights, tubing, and a ball are integrated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Strength Classes:

All Ball Circuit: A cardiovascular and strength circuit program using a bosu, stability balls, medicine balls, ballast balls, and stabilization training. This class is designed to shape and tone your entire body while pushing your fat-burning systems into high gear.

Ballast Ball Sculpt: This dynamic, full-body class uses the BOSU® Ballast Ball to challenge your strength, balance, and core like never before. Through controlled sculpting movements and functional exercises, you'll engage stabilizing muscles while building lean strength, improving coordination, and boosting endurance. Expect a mix of slow, intentional reps and powerful bursts that target your legs, glutes, arms, and core all while keeping your heart rate up. Modifications are always offered, making this class accessible yet challenging for all fitness levels. Get ready to feel strong, balanced, and sculpted from head to toe.

B-B & B: This circuit-style class can either utilize equipment that starts with a 'B' (bosu, battle ropes, bikes, etc) or work specific muscle groups that start with a 'B' (biceps, back, etc.). A full-body, strength and cardio class!

Beast Mode: A high intensity workout that incorporates heavy weights to keep your heart rate up.

Strength Classes:

Bell & Bars: Bell & Bars is a strength-focused, full-body workout that combines kettlebells and body bars to build power, endurance, and total-body strength. This class blends functional movements with controlled strength work to challenge your muscles, boost stability, and elevate your heart rate. Modifications are offered, making it accessible for all fitness levels while still delivering a serious burn.

Bodyweight Strength: No equipment needed. This bodyweight-focused strength class is designed to help you increase muscular endurance, build functional strength and improve overall fitness. Expect a blend of movement patterns that challenge your entire body.

Buns and Guns: This workout features glute and arm exercises. In order to get both an efficient and effective workout, you will target each area separately to avoid over-fatiguing one region, but will sometimes be completed as combo moves. Your "guns" include biceps and triceps. Your "buns" include your glutes.

Butts and Gutts: Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted, high-impact workout. This class will strengthen and tone all your core muscles, working on the back, butt and thighs in particular. By combining elements of Pilates, strength training, BOSU, resistance bands and more, this class is sure to get your abs and glutes firmed up and well toned.

Kettlebell AMPD: This class takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area while still maintaining a whole-body routine.

Lift & Shift: This circuit-style strength class combines weight training with dynamic movement to build muscle. You'll rotate through timed stations that challenge your entire body. All fitness levels welcome - options are always provided so you can meet your body where it's at.

Strength Training: A complete body strengthening program designed to increase definition and tone while helping the prevention of injury using the principles of resistance training.

Switching: Get the best results in a short amount of time! This 30 minute standing total body workout will allow you to safely and effectively maximize core strength, muscle conditioning, and fat-burning benefits all in one workout.

Tic-Tac-Toe: A full-body relay style class where each member of the team, one by one does a designated exercise. Once they've completed the exercise that same person places a towel on the tic tac toe game board. 3-in-a-row wins the game. Guaranteed fun!

Ultimate X-Training (60 minutes): This class combines TRX suspension training with various other equipment in a circuit format to give you an effective full-body workout. The mix of TRX suspension training and functional movements provide the ultimate workout to develop strength, endurance, balance, coordination, flexibility, power, and core stability.

Mind and Body Classes:

Barre-less Barre: Barre-less Barre is a low-impact, high-burn class that blends elements of ballet, Pilates, and strength training...no barre required. Using small, controlled movements and isometric holds, you'll sculpt and tone your legs, glutes, core, and arms while improving balance and posture. This class is for all fitness levels and delivers a serious burn in a fun, empowering format.

Barre Tone: Barre classes mix elements of pilates, dance, yoga, and functional training. The moves are choreographed to motivating and exciting music.

Barre Boot Camp: Inspired by ballet, this barre class is slightly higher in intensity than barre. Instructors will lead you through cardio drills that target arms, core, thighs, and booty to help you gain a long and lean, dancer's body.

Chair Yoga: Find your center and get grounded in body and mind in this gentle class. Chair yoga is practiced either sitting or using chairs for support in various postures and is designed to mindfully increase range of motion while meeting students where they are. This class is ideal for students with limited mobility or healing from injury, but also appropriate for students of all levels.

Core-Fusion: A fusion class that combines core and pilates type movements in one class with the use of fitness circles, stability balls, mini balls, tubing, gliders, and foam rollers to give your entire body an exhilarating challenge.

Essentrics: This class focuses on improving mobility, stability and balance. Working through the body's entire range of motion, enhancing your sense of body awareness and leaving your whole body feeling energized & balanced.

Mobility Fusion: This class is focused on exercises that are specifically geared towards training your range of motion around joints. They involve actively moving, contracting and relaxing muscles through the joints range of motion. While there are some yoga style poses, this is not a yoga class. It will incorporate some stretch motions but will challenge your flexibility. This class is for ALL fitness levels.

Power Yoga (60 minutes): Ashtanga Yoga is designed to strengthen muscles, improve flexibility, respiration, and calm the mind so as to uplift the spirit.

Senior Yoga: This class is designed to help you safely improve your mobility, strength and balance, while teaching you how to relax and feel less stress and anxiety.

Tai Chi: Tai Chi is a Chinese exercise system that uses slow, smooth body movements, to achieve a state of relaxation for both the body and the mind.

Yoga: This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

Yoga on The Ball: A unique combination of Hatha Yoga asanas and ball work that builds lean muscles while providing natural stress relief. Includes a comprehensive workout adaptable to the needs of the beginner and those with a more advanced practice.