




Mauldin Sports Center May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1 5:35 Mobility Sculpt..... AD 8:35 High Fitness JS 9:45 EssentricsBC 11:00 Senior Yoga.....NJ 5:45 Restorative YogaJS	2 9:45 Step Cardio..... DK No going the distance class today <hr/> 3 1:15pm Essentrics..... BC
4 5:35 Step Cardio..... AD 8:35 Barre Boot Camp AD 9:45 Zumba PD 12:00 Switching..... DM 6:00 Functional Strength.....RM 7:00 Restorative YogaJS	5 5:35 Lift and Shift CIRCUIT... KA 8:35 Bodyrock kickboxing .. RC 9:45 Cycle & Sculpt.....AD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:00 Step Cardio DK 6:00 Outdoor Bootcamp RM	6 5:35 Strength training AD 8:35 Strength on the stepAD 9:45 Essentrics BC 12:00 Switching..... DM 1:30 Essentrics..... BC 5:00 CYCLE..... LN 6:00 Lift and Shift CIRCUIT... KA	7 5:35 Boot Camp Circuit AD 8:35 PiloxingAD 9:45 Step Cardio..... DK 9:45 Zumba PD 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga..... TB 5:00 Cycle..... KA 6:00 Strength Training..... KA	8 5:35 Tic tac Toe..... AD 8:35 High Fitness CB 9:45 EssentricsBC 11:00 Senior Yoga.....NJ 5:45 Restorative YogaJS	9 8:30 Power Yoga JS 9:45 Going the distance ..AD/RM <hr/> 10 1:15pm Essentrics..... BC
11 5:35 TRX-Bosu AD 8:35 Cardio and Core..... AD 9:45 Zumba PD 12:00 Switching..... DM 6:00 Strength on step.....RM 7:00 Restorative Yoga TB	12 5:35 Lift and Shift CIRCUIT... KA 8:35 Bodyrock kickboxing .. RC 9:45 Cycle & Sculpt.....AD 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:00 Step Cardio DK 6:00 EMOM..... RM	13 5:35 Bells and Bars..... AD 8:35 Kettlebell AMPD @AD 9:45 Essentrics BC 12:00 Switching..... DM 1:30 Essentrics..... BC 5:00 CYCLE..... LN 6:00 Lift and Shift CIRCUIT... KA	14 5:35 Beast Mode..... AD 8:35 PoundAD 9:45 Step Cardio..... DK 9:45 Zumba PD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga..... TB 5:00 Cycle..... KA 6:00 Strength Training..... KA	15 5:35 Barre bootcamp..... AD 8:35 High Fitness JS 9:45 EssentricsBC 11:00 Senior Yoga.....NJ 5:45 Restorative YogaJS	16 8:30 Strength & SculptAD 9:45 Going the distance ..AD/RM <hr/> 17 1:15pm Essentrics..... BC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
18 5:35 Step Cardio..... AD 8:35 Body Weight Conditioning AD 9:45 Zumba PD 12:00 Switching..... DM 6:00 Lower body liftRM 7:00 Restorative Yoga JS	19 5:35 Lift and Shift CIRCUIT ...KA 8:35 Bodyrock kickboxing ...RC 9:45 Cycle & Sculpt AD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:00 Step Cardio..... DK 6:00 Outdoor Power Circuit ·RM	20 5:35 Strength HIIT..... AD 8:35 Strength Training.....AD 9:45 Essentrics..... BC 12:00 Switching..... DM 1:30 Essentrics..... BC 5:00 CYCLE LN 6:00 Lift and Shift CIRCUIT ... KA	21 5:35 Body weight conditioningAD 8:35 Piloxing AD 9:45 Step Cardio DK 9:45 Zumba PD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga TB 5:00 Cycle..... KA 6:00 Strength Training..... KA	22 5:35 Tic tac Toe..... AD 8:35 High Fitness.....CB 9:45 EssentricsBC 11:00 Senior Yoga..... NJ 5:45 Restorative YogaJS	23 8:30 Power YogaJS 9:45Going the distance... AD/RM <hr/> 24 1:15pm Essentrics BC
25 CLOSED- HAPPY MEMORIAL DAY 	26 5:35 Lift and Shift CIRCUITKA 8:35 Bodyrock kickboxing ...RC 9:45 Cycle & Sculpt AD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:00 Step Cardio..... DK 6:00 Outdoor speed and agility RM	27 5:35 Kettlebell AMPD @.....AD 8:35 Bells and Bars..... AD 9:45 Essentrics..... BC 12:00 Switching..... DM 1:30 Essentrics..... BC 5:00 CYCLE LN 6:00 Lift and Shift CIRCUIT ... KA	28 5:35 Bootcamp AD 8:35 Pound AD 9:45 Step Cardio DK 9:45 No class today 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga TB 5:00 Cycle..... KA 6:00 Strength Training..... KA	29 5:35 Mash-up AD 8:35 High Fitness.....JS 9:45 EssentricsBC 11:00 Senior Yoga..... NJ 5:45 Restorative YogaJS	30 8:30 Mobility Sculpt AD 9:45 Going the distance.. AD/RM <hr/> 31 1:15pm Essentrics BC



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New Classes:

Pilates, Sculpt, Bells & Bars, Barre-less Barre, Strength & Sculpt, and more.

Please welcome Robin!

She will be teaching **Bodyrock Kickboxing.**

You will find Robin on the schedule

Tuesday mornings at 8:35am,

We so excited to have this new format on our schedule!

Questions? Please contact
Amanda Duffie
aduffie@mauldinrecreation.com or
864-335-4858

Instructor List:

- AD Amanda
- BC Bec
- RC Robin
- DK David
- DM Dianne
- JB Joy
- JS Jenessa
- JN Jenny
- KA Kris
- LN Liza
- NJ Nicole
- PD Pam
- RC Rebecca
- RM Renae
- TB Teri

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