




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

Mauldin Sports Center April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 5:35 Functional StrengthAD 8:35 Bells and BarsAD 9:45 EssentricsBC 12:00 Switching.....DM 1:30 Essentrics.....BC 5:00 CYCLE.....LN 6:00 Intervals.....KA	2 5:35 Bodyweight Conditioning...AD 8:35 PoundAD 9:45 Step Cardio.....DK 9:45 ZumbaPD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga.....TB 5:00 Cycle.....KA 6:00 Strength Training.....KA	3 Open-Limited classes today 5:35 Instructors ChoiceAD	4 8:30 Barre-less BarreAD 9:45 Step Cardio.....DK <hr/> 5 Closed 
6 5:35 Step Cardio.....AD 8:35 Barre Boot CampAD 9:45 ZumbaPD 12:00 Switching.....DM 6:00 Bodyweight Strength.....RM 7:00 Restorative YogaJS	7 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 YogaRC 12:35 Tai ChiRC 5:00 Step Cardio.....DK 6:00 Cardio and CoreRM	8 5:35 Strength trainingAD 8:35 Strength on the step.....AD 9:45 EssentricsBC 12:00 Switching.....DM 1:30 Essentrics.....BC 5:00 CYCLE.....LN 6:00 Intervals.....KA	9 5:35 Boot Camp CircuitAD 8:35 Piloxing.....AD 9:45 Step Cardio.....DK 9:45 ZumbaPD 10:45 Silver Sneakers@ circuitJB 11:45 Chair Yoga.....TB 5:00 Cycle.....KA 6:00 Strength Training.....KA	10 5:35 Tic tac Toe.....AD 8:35 High FitnessCB 9:45 EssentricsBC 11:00 Senior Yoga.....NJ 5:45 Restorative YogaJS	11 8:30 Power YogaJS 9:45 Bodyrock kickboxing ..RC <hr/> 12 1:15pm Essentrics.....BC
13 5:35 TRX-BosuAD 8:35 Cardio and Core.....AD 9:45 ZumbaPD 12:00 NO CLASS 6:00 Beast ModeRM 7:00 Restorative YogaJS	14 5:35 Lift and Shift CIRCUIT...KA 8:35 Bodyrock kickboxing ..RC 9:45 Cycle & Sculpt.....AD 10:45 Silver Sneakers@ circuitJB 11:45 Chair YogaRC 12:35 Tai ChiRC 5:00 Step Cardio.....DK 6:00 TabataRM	15 5:35 Bells and Bars.....AD 8:35 Kettlebell AMPD @AD 9:45 EssentricsBC 12:00 NO CLASS 1:30 Essentrics.....BC 5:00 CYCLE.....LN 6:00 Intervals.....KA	16 5:35 Beast Mode.....AD 8:35 PoundAD 9:45 Step Cardio.....DK 9:45 ZumbaPD 10:45 Silver Sneakers@ circuitDM 11:45 Chair Yoga.....TB 5:00 Cycle.....KA 6:00 Strength Training.....KA	17 5:35 Barre Bootcamp.....AD 8:35 High FitnessJS 9:45 EssentricsBC 11:00 Senior Yoga.....NJ 5:45 Restorative YogaJS	18 8:30 Mobility SculptAD 9:45 Step CardioDK <hr/> 19 1:15pm Essentrics.....BC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
20 5:35 Step Cardio..... AD 8:35 Body Weight Conditioning AD 9:45 Zumba PD 12:00 Switching..... DM 6:00 Strength & Sculpt..... RM 7:00 Restorative Yoga JS	21 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 Mash-up.....RM	22 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 Intervals KA	23 5:35 Tabata bootcamp AD 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	24 5:35 Tic tac Toe..... AD 8:35 High Fitness.....CB 9:45 Essentrics.....BC 11:00 No class today 5:45 Restorative YogaJS	25 8:30 Power YogaJS 9:45 Bodyrock kickboxing ...RC <hr/> 26 1:15pm Essentrics BC
27 5:35 Intervals Circuit..... AD 8:35 Barre-less BarreAD 9:45 Zumba PD 12:00 Switching..... DM 6:00 Buns & Guns.....RM 7:00 Restorative Yoga JS	28 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 EMOMRM	29 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 Intervals KA	30 5:35 HIIT AD 8:35 Pound 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		



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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,

Wednesdays at 6:00pm,

And rotating Saturdays!

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