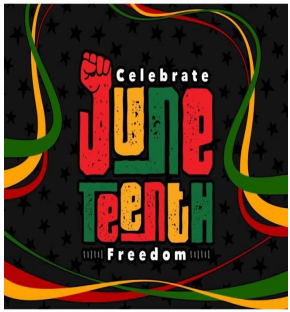


Mauldin Sports Center June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>1</p> <p>5:35 Step Cardio..... AD 8:35 Bosu/Ballast ball blast .. AD 9:45 Zumba PD 12:00 No class today 6:00 Tabata StrengthRM 7:00 Restorative YogaJS</p>	<p>2</p> <p>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 Yoga RC 12:35 Tai Chi RC 5:00 Step Cardio.....DK 6:00 Cardio and Core..... RM</p>	<p>3</p> <p>5:35 Kettlebell AMPD @.....AD 8:35 Strength HIIT.....AD 9:45 Essentrics BC 12:00 No class today 1:30 Essentrics BC 5:00 CYCLE..... LN 6:00 Lift and Shift CIRCUIT... KA</p>	<p>4</p> <p>5:35 HIIT AD 8:35 Pound AD 9:45 Step Cardio..... DK 9:45 Zumba PD 10:45 Silver Sneakers@ circuit JB 11:45 Chair Yoga RC 5:00 Cycle..... KA 6:00 Strength Training..... KA</p>	<p>5</p> <p>5:35 Guns and Gutts..... AD 8:35 High Fitness JS/CB 9:45 Essentrics BC 11:00 Senior Yoga..... NJ 5:45 Restorative Yoga JS</p>	<p>6</p> <p>8:35 Power Yoga JS 9:45 Step Cardio..... AD</p> <hr/> <p>7</p> <p>1:15pm Essentrics..... BC</p>
<p>8</p> <p>5:35 B-B-B AD 8:35 Barre AD 9:45 No Zumba today 12:00 Switching DM 6:00 Bells and Bar.....RM 7:00 Restorative YogaJS</p> <p>Trevor Booker basketball camp</p>	<p>9</p> <p>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 Beast mode RM</p> <p>Trevor Booker basketball camp</p>	<p>10</p> <p>5:35 Functional StrengthAD 8:35 Butts and GuttsAD 9:45 Essentrics BC 12:00 Switching..... DM 1:30 Essentrics BC 5:00 CYCLE..... LN 6:00 Lift and Shift CIRCUIT... KA</p> <p>Trevor Booker basketball camp</p>	<p>11</p> <p>5:35 Boot Camp Circuit AD 8:35 Piloxing..... AD 9:45 Step Cardio..... DK 9:45 No Zumba today 10:45 Silver Sneakers@ circuit DM 11:45 Chair Yoga TB 5:00 Cycle..... KA 6:00 Strength Training..... KA</p> <p>Trevor Booker basketball camp</p>	<p>12</p> <p>5:35 Tic tac Toe AD 8:35 High Fitness JS/CB 9:45 Essentrics BC 11:00 Senior Yoga..... NJ 5:45 Restorative Yoga JS</p> <p>Trevor Booker basketball camp</p>	<p>13</p> <p>8:30 Barre SculptAD 9:45 Step Cardio..... DK</p> <hr/> <p>14</p> <p>1:15pm Essentrics..... BC</p>
<p>15</p> <p>5:35 Step Cardio..... AD 8:35 Cardio and Core AD 9:45 Zumba PD 12:00 Switching DM 6:00 Strength and sculptRM 7:00 Restorative YogaJS</p>	<p>16</p> <p>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 Outdoor HIIT RM</p>	<p>17</p> <p>5:35 Bells and BarsAD 8:35 Kettlebell AMPD @.....AD 9:45 Essentrics BC 12:00 Switching..... DM 1:30 Essentrics BC 5:00 CYCLE..... KA 6:00 Lift and Shift CIRCUIT... KA</p>	<p>18</p> <p>5:35 Beast Mode 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</p>	<p>19</p> <p>Closed</p> 	<p>20</p> <p>8:35 Power Yoga JS 9:45 Step Cardio..... DK</p> <hr/> <p>21</p> <p>1:15pm Essentrics..... BC</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
22 5:35 Power Circuit AD 8:35 Beast Mode AD 9:45 Zumba PD 12:00 Switching DM 6:00 Strength training RM 7:00 Restorative Yoga JS	23 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 BW conditioingRM	24 5:35 Strength HIIT AD 8:35 Tabata Strength AD 9:45 Essentrics BC 12:00 Switching DM 1:30 Essentrics BC 5:00 CYCLE LN 6:00 Lift and Shift CIRCUIT ... KA	25 5:35 Bodyweight Strength KA 8:35 Tabata RM 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	26 5:35 Instructors Choice KA 8:35 High Fitness JS 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	27 8:30 Power Yoga JS 9:45 No class today <hr/> 28 1:15pm Essentrics BC
29 5:35 Step Cardio AD 8:35 Mobility Sculpt AD 9:45 Zumba PD 12:00 Switching DM 6:00 B-B-B RM 7:00 Restorative Yoga JS	30 5:35 Lift and Shift CIRCUITKA 8:35 Piloxing AD 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 Instructors choice RM				



Connect with the Mauldin Sports Center:

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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
- JS 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**