



Mauldin Sports Center July 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 5:35 Kettlebell AMPD @.....AD 8:35 Strength Training.....AD 9:45 EssentricsBC 12:00 No class today 1:30 EssentricsBC 5:00 CYCLE.....LN 6:00 Lift and Shift CIRCUIT....KA	2 5:35 EMOM.....AD 8:35 PoundAD 9:45 Step Cardio.....DK 9:45 ZumbaPD 10:45 Silver Sneakers@ circuit JB 11:45 Chair YogaRC 5:00 Cycle.....KA 6:00 Strength Training.....KA	3 5:35 Mash-up.....AD 8:35 Bodyrock kickboxing ...RC 9:45 EssentricsBC 11:00 Senior Yoga.....NJ 5:45 Restorative YogaJS	4 Closed for 4th of July  5 No Class Today
6 5:35 B-B-B.....AD 8:35 BarreAD 9:45 ZumbaPD 12:00 Switching.....DM 5:00 CYCLE.....RM/AD 6:00 Buns and Guns.....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 Boot CampRM	8 5:35 Functional StrengthAD 8:35 Buns and Guns.....AD 9:45 EssentricsBC 12:00 Switching.....DM 1:30 EssentricsBC 5:00 CYCLE.....LN 6:00 Lift and Shift CIRCUIT....KA	9 5:35 Boot Camp CircuitAD 8:35 PiloxingAD 9:45 Step Cardio.....DK 9:45 ZumbaPD 10:45 Silver Sneakers@ circuit DM 11:45 Chair YogaRC 5:00 Cycle.....KA 6:00 Strength Training.....KA	10 5:35 Tic tac ToeAD 8:35 Bodyrock kickboxing ...RC 9:45 EssentricsBC 11:00 Senior Yoga.....NJ 5:45 Restorative YogaJS	11 8:35 Power YogaJS 9:45 ZumbaPD 12 1:15pm Essentrics.....BC
13 5:35 Step Cardio.....AD 8:35 Cardio and CoreAD 9:45 ZumbaPD 12:00 Switching.....DM 5:00 CYCLE.....RM 6:00 Lower body liftRM 7:00 Restorative YogaJS	14 5:35 Lift and Shift CIRCUIT...KA 8:35 Bodyrock kickboxing ..RC 9:45 Cycle & Sculpt.....AD 10:45 ZumbaPD 10:45 Silver Sneakers@ circuit DM 11:45 Chair YogaRC 12:35 Tai ChiRC 5:00 Step Cardio.....AD 6:00 20-20-20RM	15 5:35 Bells and BarsAD 8:35 Kettlebell AMPD @.....AD 9:45 EssentricsBC 12:00 Switching.....DM 1:30 EssentricsBC 5:00 CYCLE.....LN 6:00 Lift and Shift CIRCUIT....KA	16 5:35 Beast ModeAD 8:35 PoundAD 9:45 Step Cardio.....AD 9:45 No Zumba Today 10:45 Silver Sneakers@ circuitDM 11:45 Chair YogaRC 5:00 Cycle.....KA 6:00 Strength Training.....KA	17 5:35 20-20-20AD 8:35 Bodyrock kickboxing ...RC 9:45 EssentricsBC 11:00 Senior Yoga.....NJ 5:45 Restorative YogaJS	18 8:35 Power YogaJS 9:45 Cardio and Strength ...RC 19 1:15pm Essentrics.....BC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
20 5:35 Power Circuit AD 8:35 Beast Mode AD 9:45 Zumba PD 12:00 Switching DM 5:00 CYCLE RM/AD 6:00 Killer Core 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 B-B&B RM	22 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	23 5:35 Bodyweight ConditioningAD 8:35 Piloxing AD 9:45 Step Cardio DK 9:45 Zumba PD 10:45 Silver Sneakers® circuitDM 11:45 Chair Yoga RC 5:00 Cycle KA 6:00 Strength Training KA	24 5:35 Tic tac Toe AD 8:35 Bodyrock kickboxing ---RC 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	25 8:35 Mobility Sculpt AD 9:45 High Fitness JS 26 1:15pm Essentrics BC
27 5:35 Step Cardio AD 8:35 Mobility Sculpt AD 9:45 Zumba PD 12:00 Switching DM 6:00 Functional Strength KA 7:00 Restorative Yoga JS	28 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 Bodyrock kickboxing ---RC	29 5:35 Tabata Strength AD 8:35 Strength HIIT AD 9:45 Essentrics BC 12:00 Switching DM 1:30 Essentrics BC 5:00 CYCLE LN 6:00 Lift and Shift CIRCUIT --- KA	30 5:35 Boot Camp Circuit AD 8:35 Pound AD 9:45 Step Cardio DK 9:45 Zumba PD 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 5:00 Cycle KA 6:00 Strength Training KA	31 5:35 Barre AD 8:35 Bodyrock kickboxing ---RC 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	



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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 and Friday mornings at 8:35am.

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

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are Silver
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and Senior
approved. Ok
for walkers to
participate in
the purple
classes**