



Mauldin Sports Center August 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
31 5:35 Power Attack AD 8:35 Barre-less barre AD 9:45 Zumba PD 12:00 Switching DM 5:00 CYCLE RM/AD 6:00 Bodyweight Strength ·RM 7:00 Restorative YogaJS					1 8:35 Power Yoga JS 9:45 Step Cardio.....DK 2 1:15pm Essentrics..... BC
3 5:35 TRX-Intervals..... AD 8:35 Barre AD 9:45 Zumba PD 12:00 Switching DM 5:00 CYCLE and sculpt ·· RM/AD 6:00 Tabata StrengthRM 7:00 Restorative YogaJS	4 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 CardioDK 6:00 EMOM RM	5 5:35 Strength Training.....AD 8:35 Butts, Gutts, GunsAD 9:45 Essentrics BC 12:00 Switching..... DM 1:30 Essentrics BC 5:00 CYCLE..... LN 6:00 Lift and Shift CIRCUIT··· KA	6 5:35 Boot Camp Circuit AD 8:35 PoundAD 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	7 5:35 Tic tac Toe AD 8:35 Bodyrock kickboxing ·· RC 9:45 Essentrics BC 11:00 Senior Yoga..... NJ 5:45 Restorative Yoga TB	8 8:35 Barre SculptAD 9:45 Mash-up..... AD/RM 9 1:15pm Essentrics..... BC
10 5:35 Step Cardio..... AD 8:35 Cardio and Core AD 9:45 Zumba PD 12:00 Switching DM 5:00 CYCLE RM/AD 6:00 Guns & GuttsRM 7:00 No Class tonight	11 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 CardioDK 6:00 Bodyweight Conditioning ··RM	12 5:35 Tone and Sculpt.....AD 8:35 Strength on the step.....AD 9:45 Essentrics BC 12:00 Switching..... DM 1:30 Essentrics BC 5:00 CYCLE..... LN 6:00 Lift and Shift CIRCUIT··· KA	13 5:35 HIIT AD 8:35 PiloxingAD 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	14 5:35 Instructors choice AD 8:35 Bodyrock kickboxing ·· RC 9:45 Essentrics BC 11:00 No Class 5:45 Restorative YogaJS	15 8:35 Power Yoga JS 9:45 Zumba PD 16 1:15pm Essentrics..... BC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
17 5:35 All B AD 8:35 Beast Mode AD 9:45 Zumba PD 12:00 Switching DM 5:00 CYCLE and sculpt .. RM/AD 6:00 All ball Sport RM 7:00 Restorative Yoga JS	18 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 TRX-Kickboxing RM	19 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	20 5:35 Bodyweight ConditioningAD 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	21 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	22 8:35 Tone and Sculpt AD 9:45 Step Cardio DK 23 1:15pm Essentrics BC
24 5:35 Step Cardio AD 8:35 Mobility Sculpt AD 9:45 Zumba PD 12:00 Switching DM 5:00 CYCLE RM/AD 6:00 Strength & Sculpt RM 7:00 Restorative Yoga JS	25 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 Beast Mode RM	26 5:35 Tabata Strength 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	27 5:35 Boot Camp Circuit AD 8:35 Piloxing AD 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	28 5:35 Barre tone AD 8:35 Bodyrock kickboxing ...RC 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	29 8:35 Power Yoga JS 9:45 Zumba PD 30 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 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

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