



# Mauldin Sports Center September 2026

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

| Monday                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                 | Saturday/Sunday                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                            | <p>1</p> <p>5:35 Lift and Shift CIRCUIT... KA<br/>8:35 Bodyrock kickboxing .. RC<br/>9:45 Cycle &amp; Sculpt.....AD<br/>10:45 Silver Sneakers® circuitDM<br/>11:45 Chair Yoga ..... RC<br/>12:35 Tai Chi ..... RC<br/>5:00 Step Cardio.....DK<br/>6:00 Bootcamp ..... RM</p>     | <p>2</p> <p>5:35 Kettlebell AMPD @ .....AD<br/>8:35 Tabata Strength .....AD<br/>9:00 Beginner Line Dancing ..JM<br/>10:00 High Beginner Line Dancing<br/>9:45 Essentrics ..... BC<br/>12:00 Switching..... DM<br/>1:30 Essentrics ..... BC<br/>5:00 CYCLE..... LN<br/>6:00 Lift and Shift CIRCUIT.... KA<br/>7:00 Tai Chi ..... MQ</p>  | <p>3</p> <p>5:35 Boot Camp Circuit ..... AD<br/>8:35 Pound .....AD<br/>9:45 Step Cardio..... DK<br/>9:45 Zumba ..... PD<br/>10:45 Silver Sneakers® circuit DM<br/>11:45 Chair Yoga ..... TB<br/>5:00 Cycle..... KA<br/>6:00 Strength Training..... KA</p> | <p>4</p> <p>5:35 Piloxing/Pound..... AD<br/>8:35 Bodyrock kickboxing ... RC<br/>9:00 Beginner Line Dancing ..JM<br/>10:00 High Beginner Line Dancing<br/>9:45 Essentrics ..... BC<br/>11:00 Senior Yoga..... NJ<br/>5:45 Restorative Yoga ..... JS</p> | <p>5</p> <p>8:35 Power Yoga ..... JS<br/>9:45 Step Cardio.....DK</p> <hr/> <p>6</p> <p>No classes today</p>                                        |
| <p>7</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>★ ★ ★ ★ ★</p> <p><b>WE WILL BE<br/>CLOSED ON</b></p>  <p><b>LABOR DAY</b></p> </div> | <p>8</p> <p>5:35 Lift and Shift CIRCUIT... KA<br/>8:35 Bodyrock kickboxing .. RC<br/>9:45 Cycle &amp; Sculpt.....AD<br/>10:45 Silver Sneakers® circuitDM<br/>11:45 Chair Yoga ..... RC<br/>12:35 Tai Chi ..... RC<br/>5:00 Step Cardio.....DK<br/>6:00 Power Attack ..... RM</p> | <p>9</p> <p>5:35 Strength Training.....AD<br/>8:35 Kettlebell AMPD @ .....AD<br/>9:00 Beginner Line Dancing ..JM<br/>10:00 High Beginner Line Dancing<br/>9:45 Essentrics ..... BC<br/>12:00 Switching..... DM<br/>1:30 Essentrics ..... BC<br/>5:00 CYCLE..... LN<br/>6:00 Lift and Shift CIRCUIT.... KA<br/>7:00 Tai Chi ..... MQ</p> | <p>10</p> <p>5:35 20-20-20 ..... AD<br/>8:35 Piloxing..... AD<br/>9:45 Step Cardio..... DK<br/>9:45 Zumba ..... PD<br/>10:45 Silver Sneakers® circuit DM<br/>11:45 Chair Yoga ..... TB<br/>5:00 Cycle..... KA<br/>6:00 Strength Training..... KA</p>      | <p>11</p> <p>5:35 Tic Tac Toe..... AD<br/>8:35 Bodyrock kickboxing ... RC<br/>9:00 Beginner Line Dancing ..JM<br/>10:00 High Beginner Line Dancing<br/>9:45 Essentrics ..... BC<br/>11:00 Senior Yoga..... NJ<br/>5:45 Restorative Yoga ..... JS</p>   | <p>12</p> <p>8:35 Barre-less Barre .....AD<br/>9:45 Zumba ..... PD</p> <hr/> <p>13</p> <p>1:15pm Essentrics..... BC<br/>2:30pm Tai Chi..... MQ</p> |
| <p>14</p> <p>5:35 Step Cardio..... AD<br/>8:35 Cardio and Core ..... AD<br/>9:45 Zumba ..... PD<br/>12:00 Switching ..... DM<br/>5:00 CYCLE..... RM/AD<br/>6:00 B-B-B ..... RM<br/>7:00 Restorative Yoga ..... JS</p>                                      | <p>15</p> <p>5:35 Lift and Shift CIRCUIT... KA<br/>8:35 Bodyrock kickboxing .. RC<br/>9:45 Cycle &amp; Sculpt.....AD<br/>10:45 Silver Sneakers® circuit DM<br/>11:45 Chair Yoga ..... RC<br/>12:35 Tai Chi ..... RC<br/>5:00 Step Cardio.....DK<br/>6:00 20-20-20..... RM</p>    | <p>16</p> <p>5:35 Tone and Sculpt.....AD<br/>8:35 Strength Training.....AD<br/>9:00 Beginner Line Dancing ..JM<br/>10:00 High Beginner Line Dancing<br/>9:45 Essentrics ..... BC<br/>12:00 Switching..... DM<br/>1:30 Essentrics ..... BC<br/>5:00 CYCLE..... LN<br/>6:00 Lift and Shift CIRCUIT.... KA<br/>7:00 Tai Chi ..... MQ</p>   | <p>17</p> <p>5:35 Tabata..... AD<br/>8:35 Pound .....AD<br/>9:45 Step Cardio..... DK<br/>9:45 Zumba ..... PD<br/>10:45 Silver Sneakers® circuitDM<br/>11:45 Chair Yoga ..... TB<br/>5:00 Cycle..... KA<br/>6:00 Strength Training..... KA</p>             | <p>18</p> <p>5:35 Cardio and Core ..... AD<br/>8:35 Bodyrock kickboxing ... RC<br/>9:45 Essentrics ..... BC<br/>11:00 Senior Yoga..... NJ<br/>5:45 Restorative Yoga ..... JS</p>                                                                       | <p>19</p> <p>8:35 Power Yoga ..... JS<br/>9:45 Step Cardio..... DK</p> <hr/> <p>20</p> <p>1:15pm Essentrics..... BC<br/>2:30pm Tai Chi..... MQ</p> |

| Monday                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                      | Friday                                                                                                                                                       | Saturday/Sunday                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 21<br>5:35 B-B-B ..... AD<br>8:35 Beast Mode ..... AD<br>9:45 Zumba ..... PD<br>12:00 No Switching Today<br>5:00 CYCLE and sculpt .. RM/AD<br>6:00 Functional Strength ..... RM<br>7:00 Restorative Yoga ..... JS     | 22<br>5:35 Lift and Shift CIRCUIT ...KA<br>8:35 Bodyrock kickboxing ...RC<br>9:45 Cycle & Sculpt ..... AD<br>10:45 Silver Sneakers® circuitJB<br>11:45 Chair Yoga ..... RC<br>12:35 Tai Chi ..... RC<br>5:00 Step Cardio ..... DK<br>6:00 Athletic Conditioning ...RM | 23<br>5:35 Strength HIIT ..... AD<br>8:35 Tabata Strength ..... AD<br>9:00 Beginner Line Dancing.. JM<br>10:00 High Beginner Line Dancing<br>9:45 Essentrics ..... BC<br>12:00 No Switching Today<br>1:30 Essentrics ..... BC<br>5:00 CYCLE ..... LN<br>6:00 Lift and Shift CIRCUIT ... KA<br>7:00 Tai Chi ..... MQ     | 24<br>5:35 Bodyweight ConditioningAD<br>8:35 Piloxing ..... AD<br>9:45 Step Cardio ..... DK<br>9:45 Zumba ..... PD<br>10:45 Silver Sneakers® circuitJB<br>11:45 Chair Yoga ..... TB<br>5:00 Cycle ..... KA<br>6:00 Strength Training ..... KA | 25<br>5:35 Barre Tone ..... AD<br>8:35 Bodyrock kickboxing ...RC<br>9:45 Essentrics ..... BC<br>11:00 Senior Yoga ..... NJ<br>5:45 Restorative Yoga ..... JS | 26<br>8:35 Sculpt & Core ..... AD<br>9:45 Intervals ..... RM<br><br>* Fleet feet will be here!!<br><br><hr/> 27<br>1:15pm Essentrics ..... BC<br>2:30pm Tai Chi ..... MQ |
| 28<br>5:35 Step Cardio ..... AD<br>8:35 Mobility Sculpt ..... AD<br>9:45 Zumba ..... PD<br>12:00 No Switching Today<br>5:00 CYCLE ..... RM/AD<br>6:00 Strength on the step ..... RM<br>7:00 Restorative Yoga ..... JS | 29<br>5:35 Lift and Shift CIRCUIT .....KA<br>8:35 Bodyrock kickboxing ...RC<br>9:45 Cycle & Sculpt ..... AD<br>10:45 Silver Sneakers® circuitDM<br>11:45 Chair Yoga ..... RC<br>12:35 Tai Chi ..... RC<br>5:00 Step Cardio ..... DK<br>6:00 TRX-Kickboxing ..... RM   | 30<br>5:35 Tabata Strength ..... AD<br>8:35 Kettlebell AMPD @ ..... AD<br>9:00 Beginner Line Dancing.. JM<br>10:00 High Beginner Line Dancing<br>9:45 Essentrics ..... BC<br>12:00 Switching ..... DM<br>1:30 Essentrics ..... BC<br>5:00 CYCLE ..... LN<br>6:00 Lift and Shift CIRCUIT ... KA<br>7:00 Tai Chi ..... MQ |                                                                                                                                                                                                                                               |                                                                                                                                                              |                                                                                                                                                                          |



Connect with the Mauldin Sports Center:



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## New Classes:

Tai Chi– Wednesday's at 7:00pm  
Sunday's at 2:30pm

Now offering Line Dancing:  
Wednesday's and Friday's  
9:00am– Beginner Line Dancing  
10:00am– High Beginner Line Dancing

## 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  
JM ..... Jana  
JS ..... Jenessa  
JS ..... Jenny  
KA ..... Kris  
LN ..... Liza  
MQ ..... Michael  
NJ ..... Nicole  
PD ..... Pam  
RC ..... Rebecca  
RM ..... Renae

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Sneakers®  
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for walkers to  
participate in  
the purple  
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