

# Mauldin Sports Center

## October 2026



Phone: 864-335-4856

Web: [mauldinrecreation.com](http://mauldinrecreation.com)

Social Media: Mauldin Sports Center

| MONDAY                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                                             | SATURDAY/SUNDAY                                                                                                             |
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|                                                                                                                                                                                  |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                             | <b>1</b><br>5:35 Bosu Blast 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 RC<br>5:00 Cycle KA<br>6:00 Strength Training KA | <b>2</b><br>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 No class JS              | <b>3</b><br>8:35 Barreless Barre AD<br>9:45 Strength HIIT AD<br><hr/> <b>4</b><br>1:15pm Essentrics BC<br>2:30pm Tai Chi MQ |
| <b>5</b><br>5:35 Power Attack AD<br>8:35 Barre Bootcamp AD<br>9:45 Zumba PD<br>12:00 Switching DM<br>5:00CYCLE RM/AD<br>6:00 Strength and Sculpt RM<br>7:00 Restorative Yoga JS  | <b>6</b><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® circuit DM<br>11:45 Chair Yoga RC<br>12:35 Tai Chi RC<br>5:00 Step Cardio DK<br>6:00 Power Circuit RM | <b>7</b><br>5:35 Kettlebell AMPD ® AD<br>8:35 Bells and Bars AD<br>9:00 Beginner Line Dancing JM<br>10:00High 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 | <b>8</b><br>5:35 EMOM 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     | <b>9</b><br>5:35 Barre-less Barre 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 | <b>10</b><br>8:35 Power Yoga JS<br>9:45 Step Cardio DK<br><hr/> <b>11</b><br>1:15pm Essentrics BC<br>2:30pm Tai Chi MQ      |
| <b>12</b><br>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 Instructors Choice RM<br>7:00 Restorative Yoga JS | <b>13</b><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® circuit DM<br>11:45 Chair Yoga RC<br>12:35 Tai Chi RC<br>5:00 Step Cardio DK<br>6:00 Mashup RM       | <b>14</b><br>5:35 Bells and Bars AD<br>8:35 Strength HIIT AD<br>9:00 Beginner Line Dancing JM<br>10:00 High Begin Line Dance JM<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     | <b>15</b><br>5:35 Boot Camp 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 AD<br>6:00 Strength Training AD | <b>16</b><br>5:35 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 No Class<br>5:45 Restorative Yoga JS                | <b>17</b><br>8:35 Strength and Sculpt RM<br>9:45 Mash-up RM<br><hr/> <b>18</b><br>1:15pm Essentrics BC<br>2:30pm Tai Chi MQ |

| MONDAY                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                         | SATURDAY/SUNDAY                                                                                                        |
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| <b>19</b><br>5:35 B-B-B Circuit AD<br>8:35 Core Fusion AD<br>9:45 Zumba PD<br>12:00 Switching DM<br>5:00 CYCLE RM/AD<br>6:00 Tabata Strength RM<br>7:00 Restorative Yoga JS   | <b>20</b><br>5:35 Interval CIRCUIT AD<br>8:35 Bodyrock kickboxing RC<br>9:45 Cycle & 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 TRX/Kickboxing RM | <b>21</b><br>5:35 Kettlebell AMPD ® AD<br>8:35 Strength Training AD<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 RM<br>7:00 Tai Chi MQ                                                                 | <b>22</b><br>5:35 HIIT AD<br>8:35 Piloxing AD<br>9:45 Step Cardio DK<br>9:45 Zumba PD<br>10:45 SilverSneakers® circuit DM<br>11:45 Chair Yoga TB<br>5:00 Cycle AD<br>6:00 Kettlebell AMPD ® AD                                            | <b>23</b><br>5:35 Mobility Sculpt AD<br>8:35 Bodyrock kickboxing RC<br>9:45 Essentrics BC<br>11:00 Senior Yoga NJ<br>5:45 Restorative Yoga JS                                                                  | <b>24</b><br>8:35 Power Yoga JS<br>9:45 Step Cardio DK<br><hr/> <b>25</b><br>1:15pm Essentrics BC<br>2:30pm Tai Chi MQ |
| <b>26</b><br>5:35 Step Cardio AD<br>8:35 BW Conditioning AD<br>9:45 Zumba PD<br>12:00 Switching DM<br>5:00 CYCLE RM/AD<br>6:00 Lower Body Lift RM<br>7:00 Restorative Yoga JS | <b>27</b><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® circuit DM<br>11:45 Chair Yoga RC<br>12:35 Tai Chi RC<br>5:00 Step Cardio DK<br>6:00 EMOM RM     | <b>28</b><br>5:35 Strength HIIT AD<br>8:35 Kettlebell AMPD ® AD<br>9:00 Beginner Line Dancing JM<br>10:00High 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 | <b>29</b><br>5:35 BW Conditioning AD<br>8:35 Pound AD<br>9:45 Step Cardio DK<br>9:45 Zumba PD<br>10:45Silver Sneakers® circuit DM<br>11:45 Chair Yoga TB<br>5:00 Cycle KA<br>6:00 Strength Training KA<br>• <b>DRESS UP FOR HALLOWEEN</b> | <b>30</b><br>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 | <b>31</b><br>8:35 Barre Tone AD<br>9:45 Step Cardio AD<br><hr/>                                                        |

## NEW CLASSES:

### *Tai Chi*

Wednesdays at 7:00pm

Sundays at 2:30pm

### *Line Dancing*

Wednesdays and Fridays

Beginniner Line Dancing – 9:00am

High Beginner Line Dancing – 10:00am

### Instructor List:

AD.....Amanda  
BC.....Bec  
DK.....David  
DM.....Dianne  
JB.....Joy  
JM.....Jana  
JS.....Jenny  
KA.....Kris  
LN.....Liza  
MQ.....Mike  
NJ.....Nicole  
PD.....Pam  
RC.....Rebecca  
RM.....Renae  
RC.....Robin

Questions: Please contact  
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