



Group Fitness Class Descriptions

Instructors and Classes may change at any time
Please Sign up for Cycle and Switching classes at the front desk
Please carefully read class description for class length & fitness level
Express (EXP) classes are 30 minutes

Questions please contact: Jennifer Edwins
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Athletic Conditioning- this class combines athletic sport drills and other techniques that are specifically designed to improve speed, agility, quickness, balance, and muscle definition. Fin each workout out different, fun yet challenging. Intermediate to advanced levels of fitness. 60 minutes.

All Ball Sport Circuit- A cardiovascular and strength circuit program using the Bosu, Stability balls, Medicine Balls, and stabilization training. This class is designed to shape and tone your entire body while pushing your fat-burning system into high gear! All levels of fitness. 60 minutes.

Body Bar Blast- This 30 minute strength training class utilizes Body Bars for a total body toning workout. You will challenge all of your major muscle groups while shaping and toning your entire body. All levels of fitness welcome.

Body Bar/ Bosu- Combines both the body bar and bosu in one great 45 minute strength class. All levels of fitness welcome.

Boot Camp- This high intensity military style class combines specific cardiovascular drills and muscle conditioning exercise using body weight, medicine balls, and track runs. This action packed class will challenge your endurance and strength. Intermediate to Advanced levels of fitness. 60 minutes.

Cardio Crazy- a fitness playground for the cardio crazed! Gliding discs, medicine balls, steps, and wild cardio moves are used to make your playground. Cardio intensity intervals are combined with cutting edge fitness drills and games to create this breathless bash. All levels of fitness.

Cardio Fusion- A cardiovascular interval program combining high/low aerobics, strength, and stabilization training. This class is designed to shape and tone your entire body while pushing your fat-burning system into high gear! Intermediate to advanced levels of fitness. 60 minutes.

Cardio pump- This class will leave you energized! Get ready for cardio fun and body bar for resistance training. This combination will leave you wanting more...not to mention the calories you will burn. All level of fitness. 45-60 minutes.

Chair Yoga- This class can help you learn Yoga moves that you can do at home or at the office. Take a break, relax, and stretch your stress away. No sweat, no fuss! Wear your everyday comfortable clothes. If you've never tried yoga...Try Chair Yoga! 45 minutes

Circuit Crazy- this class takes the same old boring weight training and circuit training moves, and adds a whole new twist to them. It will give you a new element of challenge by offering endless options of circuit training. For all fitness levels. 45-60 minutes.

Combat Kickboxing- using light weighted bar and authentic kickboxing techniques, this high energy hour will provide both resistance training and cardiovascular benefits to participants. We focus on proper techniques and conditioning using the weighted bar for defensive and offensive combat! Intermediate to advanced fitness levels. 45-60 minutes.

Core-lates- A fusion class that combines core and Pilates type movements in one class. This great workout combines flexibility, strength, balance, core training, and of course relaxation. All fitness levels. 30-45 minutes.

Core Training- a 30 minute workout targeted for the entire abdominal and back region. Training is focused on technique, alignment and strengthening resulting in improved definition, tone, and strength of your entire core. Stretch segment included. All levels of fitness.

Cycle- Take the ride of your life in any of our indoor cycling classes. Our instructors will lead you through flatlands, sprints, sandy beaches, mountains, and hills in this 55 minute cardio workout. All fitness levels. Sign-up is required at the Membership Services Desk. If class is in the evening you can sign-up the day of class. If class is a morning (before noon) class sign-up is the evening before or day of class.

Double Step- A low impact, high intensity workout using 2 vertical adjustable platforms. Intermediate to advanced level of fitness. 60 minutes.

Hatha Yoga- Great for beginners and all levels, this class practices basic yoga asanas (postures) with focus on proper form. Develop strength, balance, flexibility, and relieve stress. Generally referred to as traditional yoga. 60 minutes.

Intermediate Step- A low impact, high intensity step workout for those ready to move beyond the basics. Using a height adjustable step. Intermediate to advanced level. 60 minutes.

Intense Interval- This class needs no description. It is intense filled with intervals for an all over workout of cardiovascular, resistance training. All levels of fitness. 45-60 minutes.

Kettlebell blast- this fun energizing class uses the new cast iron weights to perform ballistic exercises that combine cardiovascular, strength, and flexibility training. All fitness levels. 45-60 minutes

Kickboxing- This high calorie-burning workout is easy to learn with no complicated choreography. This empowering class is inspired by a combination of martial arts disciplines and aerobic exercise. Cardio kickboxing is sure to give you a fierce workout! All levels of fitness. 60 minutes.

6 Pack Abs: 15 minutes of hard core abdominal training. All levels of fitness.

Recess- this class will take you back to when you were a kid! 30-60 minutes of non-stop fun drills just like when you were growing up. Circuit base class that will have you working your entire body from head to toe! Not only will you gain strength and endurance, but you will do many agility and quickness drills. All fitness levels.

Rip-Ride-Recovery- this fun fill energized class fuses cardiovascular and strength training together. Get your heart rate soaring while cycling, and allow your body to recover during by performing great strength training moves! All fitness levels welcomed. 45-60 minutes.

Strength Training- A complete body strengthening program designed to increase definition and tone while helping in the prevention of injury using the principles of resistance training. Hand weights, tubing, medicine balls, step bench, and stability balls used. All levels of fitness. 60 minutes.

Step- A low impact, high intensity workout using an adjustable platform. Intermediate to Advanced levels of fitness. 60 minutes

Step Interval- This high energy step class uses an adjustable platform to perform 2 minute segments of high intensity blasts of simple choreography combined with 3-5 minutes of step segments recovery. Intermediate to advanced levels of fitness. 60 minutes

Step & Sculpt- This class is made of alternating segments of step with segments of strength work. This is a great all around workout! All levels of fitness. 60 minutes.

Silver Fit- Silver fit is designed exclusively for older adults who want to improve their cardiovascular and muscular strength, flexibility, balance, and endurance. Light hand weights, tubing, and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. All levels of fitness. 60 minutes

Switching- Don't have much time? Get the best results in a short amount of time! This 30 minute, standing total body workout will allow you to safely and effectively maximize core strength, muscle conditioning and fat-burning benefits of your workout. Sign up is required at the membership services desk up to 24 hours in advance.

Pilates- This class incorporates exercises to increase strength and balance. This class is designed to develop core control, agility, and flexibility. All fitness levels. 60 minutes.

Pilates with props- Add the use of fitness circles, stability balls, mini balls, and foam rollers to give your core an extra challenge! All levels of fitness. 60 minutes

Power Yoga- A form of Ashtanga yoga designed to tone and strengthen muscles, improve flexibility, and respiration, calm the mind and uplift the spirit. While this class is both challenging and strenuous, it is accessible to ALL levels. 60 minutes

Team Step- A fun low impact aerobic workout using adjustable platforms lined up end to end in one long row, Rocket style! This class is done as one big team moving bench to bench! A fun easy way to burn calories! All fitness levels. 60 minutes

Ultimate Circuit- Get a fun, fast paced, full body toning workout in one hour with our multi-station class. Define, strengthen, and tone the major muscle groups of your body. All fitness levels. 60 minutes.



Zumba® - A fusion of Latin and international music that combines high energy and motivating music with unique moves and combinations that allow Zumba® participants to dance away their worries. Routines will include aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Ditch the workout...join the party! All fitness levels welcomed. 45-60 minutes.



Zumba® Gold- The Zumba Gold program targets the largest growing segment of the population: baby boomers. It takes Zumba® and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. 45-60 minutes.



Zumba® Sculpt Circuit- maximize your workout while still have a total blast. Get the metabolism boosting, strength-building benefits of circuit training while perfecting Zumba® moves...all in the same class. All fitness levels welcomed. 45-60 minutes.

