



Phone: 864-335-4855
 Web: mauldinrecreation.com
 Facebook: Mauldin Sports Center
 Director: Jennifer Edwins
 jedwins@mauldinrecreation.com

Mauldin Sports Center November 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<ul style="list-style-type: none"> Classes and Instructors are subject to change without notice. Check us out on Facebook, Twitter and Instagram for the latest updates and for upcoming events. 4:30pm Barre Every other Monday Check out MORE NEW class formats! YES MORE! Intro to Tabata & Intro to HIIT 9:45am Belly Fit with Melody Parents Night Out November 18 	<p>1</p> <p>5:45 Cycle (45 min) SP 8:35 Zumba LE 8:35 POUND@ (45 min) JE 9:35 Yoga NJ 9:45 Interval Training AD 10:45 Silver Fit DM 11:45 Chair Yoga RC 1:15 Tai Chi Chih AR 4:30 Pilates with Props JE 6:00 Barre JE 6:00 FIST (limit 12 people) TM 7:15 Zumba LL</p>	<p>2</p> <p>5:35 Piloxing@ Barre TW 8:35 Zumba SC 8:35 RIPPED @ AD/JE 9:45 Barre Tone JE 10:00 Yoga for Osteoporosis RC 12:00 Switching Interval(45min).TF 4:45 Youth Conditioning TF 4:50 Yoga JS 6:00 Cycle TB 7:00 Yoga TB</p>	<p>3</p> <p>5:45 HIIT (45 min) AD 8:35 Zumba LE 8:35 POUND@ (45 min) SC 9:45 Zumba Gold CS 9:45 All Ball Sport Circ. (45 min) AD 10:45 Silver Fit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 4:30 Pilates with Props JE 6:00 Tabata TM 7:15 Zumba SRP</p>	<p>4</p> <p>5:45 Bosu Blast (45 m) AD 8:35 Piloxing@ Barre JE 9:45 Pilates with Props JE 9:45 Beginner Line Dancing TK 10:55 Yoga for Seniors NJ 12:00 Switching (30 min) DM 5:00 Yoga JS 6:05 Piloxing@ Knockout TW</p>	<p>5 Fitness Fundraiser 9a-11:30am \$5</p> <p>Morning Classes 8:30 Power Yoga JS</p> <p>9:00 POUND@ (45 min) KG/JE/SC 10:15 Zumba LE/JE/SC</p> <p>1:00 Belly Dancing Practice \$\$</p> <p>6</p> <p>Afternoon Classes 1:15 Cycle TB 2:15 Restorative Yoga NJ</p>
<p>7</p> <p>5:35 Strength Training SP 8:35 Zumba SC 8:35 Pilates with Props JE 9:45 Strength Training JE 9:45 Line Dancing TK 11:00 Yoga RC 12:00 Switching (30 min) AD 12:30 Yoga Express (30 min) NJ 1:15 Tai Chi RC 4:30 TRX Circuit TB/KG 5:40 Kickbox Circuit Express KG 6:20 Yoga JS 7:30 Zumba LE</p>	<p>8 Election Day</p> <p>5:45 Cycle (45 min) SP 8:35 Zumba LE 8:35 POUND@ (45 min) JE 9:45 Belly Fit MM 9:45 Interval Training AD 10:45 Silver Fit DM 11:45 Chair Yoga RC 1:15 Tai Chi Chih AR 4:30 Pilates with Props JE 6:00 Strength Training KG 7:15 Zumba LL</p>	<p>9</p> <p>5:35 Piloxing@ AD 8:35 Zumba SC 8:35 RIPPED @ AD/JE 9:45 Barre Tone JE 10:00 Yoga for Osteoporosis RC 12:00 Switching Interval(45min).TF 4:50 Yoga JS 6:00 Cycle TB 7:00 Yoga TB</p>	<p>10</p> <p>5:45 Tabata (45 min) AD 8:35 Zumba LE 8:35 POUND@ (45 min) SC 9:45 Zumba Gold CS 9:45 All Ball Sport Circ. (45 min) AD 10:45 Silver Fit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 4:30 Pilates with Props JE 5:30 Intro to Tabata (20-30 min) SP 6:00 Boot Camp SP 7:15 Zumba SRP</p>	<p>11 Veterans Day</p> <p>5:45 Instructors Choice (45 m) - SP 8:35 Piloxing@ KG 9:45 Yoga MM 9:45 Beginner Line Dancing TK 10:55 Yoga for Seniors NJ 12:00 Switching (30 min) DM 5:00 Yoga JS 6:05 TRX Circuit KG</p>	<p>12</p> <p>Morning Classes 8:30 Power Yoga JS 9:30 Intro to HIIT (20-30 min) SP 9:35 BB JE/KG 9:45 Youth Conditioning TF 1:00 Belly Dancing Practice \$\$</p> <p>13</p> <p>Afternoon Classes 1:15 Strength Training KG 2:15 Restorative Yoga NJ</p>
<p>14</p> <p>5:35 RIPPED AD 8:35 Zumba SC 8:35 Pilates with Props JE 9:45 Strength Training JE 9:45 Line Dancing TK 11:00 Yoga RC 12:00 Switching (30 min) AD 12:30 Yoga Express (30 min) NJ 1:15 Tai Chi RC 4:30 Barre JE 5:40 Kickbox Circuit Express KG 6:20 Yoga JS 7:30 Zumba LE</p>	<p>15</p> <p>5:45 Cycle (45 min) SP 8:35 Zumba LE 8:35 POUND@ (45 min) JE 9:35 Yoga NJ 9:45 Interval Training AD 10:45 Silver Fit DM 11:45 Chair Yoga RC 1:15 Tai Chi Chih AR 4:30 Pilates with Props JE 6:00 POUND KG 6:00 FIST (limit 12 people) TM 7:15 Zumba LL</p>	<p>16</p> <p>5:35 Boot Camp SP 8:35 Zumba SC 8:35 RIPPED@ AD/JE 9:45 Barre Tone JE 10:00 Yoga for Osteoporosis RC 12:00 Switching Interval(45min).TF 4:45 Youth Conditioning TF 4:50 Yoga NJ 6:00 Cycle TB 7:00 Yoga TB</p>	<p>17</p> <p>5:45 Tabata (45 min) AD 8:35 Zumba LE 8:35 POUND@ (45 min) SC 9:45 Zumba Gold CS 9:45 All Ball Sport TRX Circ. AD 10:45 Silver Fit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 4:30 Pilates with Props JE 6:00 Piloxing@ Knockout TW 7:15 Zumba SRP</p>	<p>18</p> <p>5:45 Cardio Crazy (45 m) AD 8:35 Piloxing@ Barre JE 9:45 Pilates with Props JE 9:45 Beginner Line Dancing TK 10:55 Yoga for Seniors NJ 12:00 Switching (30 min) DM 5:00 Yoga JS 6:05 Buns & Guns KG</p>	<p>19</p> <p>Morning Classes 8:30 Power Yoga JS 9:30 Intro to Tabata (20-30 min) SP 9:35 RIPPED @ AD/JE</p> <p>1:00 Belly Dancing Practice \$\$</p> <p>20</p> <p>Afternoon Classes 1:15 Cycle TB 2:15 Restorative Yoga NJ</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>21</p> <p>5:35 Strength Training SP</p> <p>8:35 Zumba SC</p> <p>8:35 Pilates with Props JE</p> <p>9:45 Strength Training JE</p> <p>9:45 Line Dancing TK</p> <p>11:00 Yoga RC</p> <p>12:00 Switching (30 min) AD</p> <p>12:30 Yoga Express (30 min) NJ</p> <p>1:15 Tai Chi RC</p> <p>4:30 TRX Circuit TB/KG</p> <p>5:40 Kickbox Circuit Express KG</p> <p>6:20 Yoga JS</p> <p>7:30 Zumba LE</p>	<p>22</p> <p>5:45 Cycle (45 min) SP</p> <p>8:35 Zumba LE</p> <p>8:35 POUND@ (45 min) JE</p> <p>9:45 Belly Fit MM</p> <p>9:45 Interval Training AD</p> <p>10:45 Silver Fit DM</p> <p>11:45 Chair Yoga RC</p> <p>1:15 Tai Chi Chih AR</p> <p>4:30 Pilates with Props JE</p> <p>6:00 Strength Training KG</p> <p>7:15 Zumba LL</p>	<p>23 Hours 5:30am-5pm Today</p> <p>5:35 Piloxing@ AD</p> <p>8:35 Zumba SC</p> <p>8:35 RIPPED@ AD/JE</p> <p>9:45 No Class</p> <p>10:00 Yoga for Osteoporosis RC</p> <p>12:00 Switching Interval(45min).TF</p> <p>Close at 5:00pm Today</p> 	<p>24</p> <p>Closed Happy Thanksgiving</p> <p>Look For ALL BALL TRX 6pm One Thursday Evening in December</p> 	<p>25 Regular Hours Today</p> <p>No Classes Today</p> <p>Happy Shopping</p> 	<p>26</p> <p>Morning Classes</p> <p>9:35 Zumba SC</p> <p>9:45 Youth Conditioning TF</p> <hr/> <p>1:00 Belly Dancing Practice \$\$</p> <hr/> <p>27</p> <p>Afternoon Classes</p> <p>1:15 TRX Circuit KG</p>
<p>28</p> <p>5:35 RIPPED AD</p> <p>8:35 Zumba SC</p> <p>8:35 Pilates with Props JE</p> <p>9:45 Strength Training JE</p> <p>9:45 Line Dancing TK</p> <p>11:00 Yoga RC</p> <p>12:00 Switching (30 min) AD</p> <p>12:30 Yoga Express (30 min) NJ</p> <p>1:15 Tai Chi RC</p> <p>4:30 Barre JE</p> <p>5:40 Kickbox Circuit Express KG</p> <p>6:20 Yoga JS</p> <p>7:30 Zumba LE</p>	<p>29</p> <p>5:45 Cycle (45 min) SP</p> <p>8:35 Zumba LE</p> <p>8:35 POUND@ (45 min) JE</p> <p>9:35 Yoga NJ</p> <p>9:45 Interval Training AD</p> <p>10:45 Silver Fit DM</p> <p>11:45 Chair Yoga RC</p> <p>1:15 Tai Chi Chih AR</p> <p>4:30 Pilates with Props JE</p> <p>6:00 POUND KG</p> <p>6:00 FIST (limit 12people) SP</p> <p>7:15 Zumba LL</p>	<p>30</p> <p>5:35 Piloxing@ Knockout AD</p> <p>8:35 Zumba SC</p> <p>8:35 RIPPED@ AD/JE</p> <p>9:45 Barre Tone JE</p> <p>10:00 Yoga for Osteoporosis RC</p> <p>12:00 Switching Interval(45min) TF</p> <p>4:45 Youth Conditioning TF</p> <p>4:50 Yoga NJ</p> <p>6:00 Cycle TB</p> <p>7:00 Yoga TB</p>	<p>Bosu and Barre!</p> <p>BB for short</p> <p>Together in one awesome sweat filled heart pumpin' class! Bosu Bootcamp section will be intense Intervals of Cardio and Strength using the Bosu (and more). Barre section will be the same great fusion Barre format you know and love. Class will be one hour</p> <p>You will need athletic shoes for the Bosu Bootcamp portion of this class</p> <p>You must sign up to take this class</p>	<p>TRX Circuit ! Sign up Required</p> <p>TRX Circuit Training challenges users with a fast-paced workout that combines TRX strength exercises with Cycle cardio drills. Timed sets will keep your heart rate pumping as you power through the reps at your own pace. The TRX Suspension Trainer workout system leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise – because you can simply adjust your body position to add or decrease resistance</p>	<p>All Ball Sport with TRX</p> <p>Same great All Ball Sport Class with added TRX stations for more challenge, more variety more FUN! This is ALL BALL! TRX stations will have them too!</p> <p>Sign up today!</p> <p>Belly Fit</p> <p>Get your belly, arms and back muscles toned using Middle Eastern dance techniques and music. This class is taught as a muscle isolation class that will have you dancing by the end . All levels of Fitness</p>

Group Fitness Class Descriptions

NOTE: Instructors and Classes may change at any time. For latest updates check our facebook feed, lobby board or call the front desk. Please sign up for Cycle, Kickbox Circuit, POUND, Barre, FIST, TRX and Switching classes.

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.

Barre: A fusion workout done at the ballet barre formatted to combine or fuse cardio with toning. This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe.

Barre Tone: Set to upbeat music, our 60-minute class starts with a warm up and sequence of upper-body exercises using light free weights, push-ups and plank. It's here that we target the biceps, triceps, shoulders, chest and back muscles. Then we move into a series of ballet barre or floor exercises that focus on the thighs. Finally we focus on abs and back finishing class with a completer body stretch. This class is barefoot or Sticky socks. Intermediate and Advanced levels

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.

Buns & Guns – This class Speaks for itself! Strength workout for lower half and Arms! 45 Minutes of shredded buns and guns! All levels of fitness

Cardio 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. Supported by great music, Cardio Kickboxing is sure to give you a fierce workout! All levels of fitness. 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

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.

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 Dates: 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 Construction: 20-30 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.

F.I.S.T. (Functional Intense Strength Training) Small group class of 6 participants per Instructor will perform Intense Strength Training Drills for 30 minutes. Each exercise will be performed at high Intensity for a certain period of time. So Intense 30 minutes is ALL IT TAKES! For Advanced Levels of Fitness

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.

High-intensity interval training (HIIT) - is an exercise strategy that is intended to improve performance with short training sessions. HIIT is a form of cardiovascular and strength exercise which is beneficial to burning fat in a short and intense workout. In this class you will perform high intensity exercises that are low impact. This class is not for beginners! HIIT is a lot of fun! Give it a try.

Pilates with Props (Physio Pilates): 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

Piloxing@: A non-stop, cardio fusion of standing Pilates, boxing and dance that will push you past your limits for a sleek, sexy, powerful you!

Piloxing@ Barre: A complementary program to PILOXING, PILOXING Barre is a comprehensive, well-rounded workout that is low-impact, yet variable intensity, using ½ pound PILOXING gloves from start to end of class. This new Barre program creates full body awareness utilizing a Ballet Barre for the entirety of the workout, both standing and grounded

Piloxing@ Knockout: A complementary program to PILOXING, PILOXING Barre is a comprehensive, well-rounded workout that is low-impact, yet variable intensity, using ½ pound PILOXING gloves from start to end of class. This new Barre program creates full body awareness utilizing a Ballet Barre for the entirety of the workout, both standing and grounded

POUND@: Isometric movements, plyometric and isometric poses in a 45-minute series. Burn between 400 and 900-calories per hour, strengthen and sculpt infrequently used muscles, a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates our way to a leaner, slimmer physique all while rocking out to your favorite music!

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 both challenging and strenuous, it is accessible to ALL levels. 60 minutes

RIPPED@: The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Thus, regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in 50 min

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.

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. All fitness levels

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 min

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.

Questions? Please contact
MSC Director:
Jennifer Edwins
jedwins@mauldinrecreation.com
 or 864-335-4855

Instructor List:

AD Amanda
 AR Adabelle
 CJ Carol
 CH Cristie
 CS Cynthia
 DM Dianne
 JE Jenn
 LL Liliana
 JS Jennifer S
 KG Kayla
 LB Lina
 LE Leah
 NJ Nicole
 RC Rebecca
 SC Sasha
 SP Sara

Instructor List:

SRP Stephanie
 TB Teri
 TC Tammy
 TF Tia
 TK Tami
 TM Tyler
 TW Taryn
 \$\$ Fee

Youth Class..Family membership required
Senior Fitness classes included in Walking Pass are highlighted red