

February 2022



Rockford Community Center

7600 County Rd 50

Rockford, MN 55373

smithj@rockford.k12.mn.us

763-477-5294

Sunday 11am-9pm	Monday 5am - 10pm	Tuesday 5am - 10pm	Wednesday 5am - 10pm	Thursday 5am - 10pm	Friday 5am - 9pm	Saturday 8am - 4pm
**NEW WEEKEND HOURS. SATURDAYS 8AM-4PM & SUNDAYS 11AM-9PM.		1 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	2 7:30am- Primetime 9:00am- Cardio Sculpt in RPC 3:45pm- Strength & Conditioning 7:00pm- Pound Fitness	3 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	4 7:30am- Primetime Fitness 8:30am- Cardio Sculpt 3:45pm- Strength & Conditioning	5 9:00am- Yoga
6	7 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 3:45pm- Strength & Conditioning	8 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	9 7:30am- Primetime 9:00am- Cardio Sculpt In RPC 3:45pm- Strength & Conditioning 7:00pm- Pound Fitness	10 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	11 7:30am- Primetime Fitness 8:30am- Cardio Sculpt 3:45pm- Strength & Conditioning	12 9:00am- Yoga FIELDHOUSE CLOSED FOR TOURNAMENT
13	14 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 3:45pm- Strength & Conditioning	15 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga NO Zumba	16 7:30am- Primetime 9:00am- Cardio Sculpt in RPC 3:45pm- Strength & Conditioning 7:00pm- Pound Fitness	17 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga NO Zumba	18 7:30am- Primetime Fitness 8:30am- Cardio Sculpt 3:45pm- Strength & Conditioning	19 9:00am- Yoga
20	21 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 3:45pm- Strength & Conditioning	22 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	23 7:30am- Primetime 9:00am- Cardio Sculpt in RPC 3:45pm- Strength & Conditioning 7:00pm- Pound Fitness	24 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	25 7:30am- Primetime Fitness 8:30am- Cardio Sculpt 3:45pm- Strength & Conditioning	26 9:00am- Yoga
27	28 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 3:45pm- Strength/Con			IMPORTANT ANNOUCEMENTS: ⇒ Please review Fieldhouse for sport practices and home games. ⇒ No Zumba Class on Feb. 15th & 17th. ⇒ Cardio Sculpt will be in RPC (Fitness Center) every Wednesday at 9:00am. ⇒ NEW! Strength & Conditioning will also be on Thursdays @ 9am.		

February Fieldhouse Schedule

Sunday 11am-9pm	Monday 5am - 10pm	Tuesday 5am - 10pm	Wednesday 5am - 10pm	Thursday 5am - 10pm	Friday 5am - 9pm	Saturday 8am - 4pm
		1 3-6PM- Winter School practices (court 3) 6-7:30pm- RAAA sports (court 3)	2 6:30-7:45am- batting cage rental (court 2) 3-6PM- HS/MS BB (courts 2,3,4) 7-9PM- Pickleball Leagues (courts 2,3,4)	3 3-6pm boys BB practice (courts 2 & 3) 6-7:30pm RAAA practices (courts 2 & 3)	4 9-10am Cardio Sculpt class (Court 2) 3-6PM- Winter sports (courts 2,3) 6:00-9:00pm Pole Vault Rental (courts 2 & 3)	5
6 11am-1pm Batting cage rental (crt 2) 2-4pm Pole Vault (ct 2,3) 5:00-9:00pm Women's Vball(Ct 2,3)	7 6:30-7:45am- batting cage rental (court 2) 9-10 am CS class (ct 2) 3-6 PM- HS sports (ct3) 6-7:30pm- RAAA sports (court 2) 8-10pm- vball (crt 3)	8 3-6PM- HS sports (ct 4) 3-6pm- Boys bball games (courts 2-3) 6-9pm- RAAA sports (court 2) 6-7:30pm- RAAA sports (court 3)	9 6:30-7:45am- batting cage rental (court 2) 3-6PM- HS/MS BB (courts 2,3,4) 7-9PM- Pickleball Leagues (courts 2,3,4)	10 3-6pm HS sports (crt3) 6-9pm RAAA Sports (courts 2,3)	11 9-10am Cardio Sculpt class (Court 2) 3-6PM- Winter Sports (courts 2,3) 6-7:30pm- RAAA Sports (2) 6:00-9:00pm Pole Vault Rental (courts 2 & 3)	12 FIELDHOUSE CLOSED FOR TOURNAMENT
13 11am-1pm Batting cage rental (crt 2) 3-4:30pm Baseball crt 2 5:00-9:00pm Women's Vball(2,3)	14 6:30-7:45am- batting cage rental (court 2) 9-10 am CS class (ct 2) 3-6 PM- HS sports (2-4) 6-7:30pm- RAAA sports (court 2) 8-10pm- vball (crt 3)	15 3-6pm Boys BB games (court 2 & 3) 6:00-7:30pm RAAA sports (court 2 & 3)	16 6:30-7:45am- batting cage rental (court 2) 3:00-6:00PM- HS/MS BB (courts 2,3,4) 7-9PM- Pickleball Leagues (courts 2,3,4)	17 3-6pm- HS sports (court 3) 6-7:30pm RAAA Sports (court 2) 6-8 pm- RAAA Sports (court 3)	18 9-10am Cardio Sculpt class (Court 2) 3-6PM- Winter sports (ct 2,3) 6:00-9:00pm Pole Vault Rental (courts 2 & 3)	19
20 11am-1pm Batting cage rental (crt 2) 2-4pm Pole Vault (ct 2,3) 5:00-9:00pm Women's Vball(Ct 2,3)	21 6:30-7:45am- batting cage rental (court 2) 9-10 am CS class (ct 2) 3-6 PM- HS sports (2-4) 6-8pm- RAAA sports (court 2 & 3)	22 3-6pm winter practices (court 3)	23 6:30-7:45am- batting cage rental (court 2) 3-6PM- HS/MS BB (courts 2,3,4) 7-9PM- Pickleball Leagues (courts 2,3,4)	24 3-6pm Boys BB games (court 2 & 3) 3-6pm- winter sports (crt4) 6-7:30pm- RAAA sports (court 2,3)	25 9-10am Cardio Sculpt class (Court 2) 3:00-6:00PM- Winter sports (court 2,3) 6:00-9:00pm Pole Vault Rental (courts 2 & 3)	26
27 11am-1pm Batting cage rental (crt 2) 3-4:30pm Baseball crt 2 5:00-9:00pm Women's Vball(2,3)	28 6:30-7:45am- batting cage rental (court 2) 9-10 am CS class (ct 2) 3-6 PM- HS sports (2-4) 6-7:30pm- RAAA sports (court 2)					