

# April 2022

**FREE BUSINESS EXPO**  
**Saturday, April 9th from**  
**9:00am-NOON.**  
**Check out our Facebook page**  
**for more details!!**



**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
<b>Important Announcements:</b> * RCC IS CLOSED on April 17th for the Holiday. * Our Annual Business Expo is on April 9th- Fieldhouse will be closed all day. * No Yoga class on Saturdays, April 2nd & 9th. No 9am Aerobics Class on April 12th & 14th. * Weather Permitting- Outdoor Track and Tennis courts will be open April 15th from Dawn to Dusk. *Our RPC (Rocket Power Center) will be closed 1st-4th for floor maintenance.					<b>1 (RPC CLOSED)</b> <b>7:30am-</b> Primetime Fitness <b>8:30am-</b> Cardio Sculpt in RPC <b>3:45pm-</b> Strength & Conditioning	<b>2 (RPC CLOSED)</b>  No yoga
<b>3 (RPC CLOSED)</b>	<b>4 (RPC CLOSED)</b> <b>7:30am-</b> Primetime Fitness <b>9:00am-</b> Cardio Sculpt <b>3:45pm-</b> Strength & Conditioning	<b>5</b> <b>8:00am-</b> Senior Fitness <b>9:00am-</b> Aerobics <b>5:30pm-</b> Yoga <b>6:30pm-</b> Zumba	<b>6</b> <b>7:30am-</b> Primetime <b>9:00am-</b> Cardio Sculpt <b>3:45pm-</b> Strength & Conditioning <b>7:00pm-</b> Pound Fitness	<b>7</b> <b>8:00am-</b> Senior Fitness <b>9:00am-</b> Aerobics <b>5:30pm-</b> Yoga <b>6:30pm-</b> Zumba	<b>8</b> <b>7:30am-</b> Primetime <b>8:30am-</b> Cardio Sculpt in RPC <b>3:45pm-</b> Strength & Conditioning	<b>9</b> <b>FIELDHOUSE CLOSED FOR BUSINESS EXPO</b>  No yoga
<b>10</b>	<b>11</b> <b>7:30am-</b> Primetime Fitness <b>9:00am-</b> Cardio Sculpt <b>3:45pm-</b> Strength & Conditioning	<b>12</b> <b>8:00am-</b> Senior Fitness <b>5:30pm-</b> Yoga <b>6:30pm-</b> Zumba  <b>No Aerobics Class</b>	<b>13</b> <b>7:30am-</b> Primetime <b>9:00am-</b> Cardio Sculpt <b>3:45pm-</b> Strength & Conditioning <b>7:00pm-</b> Pound Fitness	<b>14</b> <b>8:00am-</b> Senior Fitness <b>5:30pm-</b> Yoga <b>6:30pm-</b> Zumba  <b>No Aerobics Class</b>	<b>15</b> <b>7:30am-</b> Primetime Fitness <b>8:30am-</b> Cardio Sculpt in RPC <b>3:45pm-</b> Strength & Conditioning	<b>16</b> <b>9:00am-</b> Yoga
<b>17</b>  <b>RCC IS CLOSED FOR THE HOLIDAY.</b>	<b>18</b> <b>7:30am-</b> Primetime Fitness <b>9:00am-</b> Cardio Sculpt <b>3:45pm-</b> Strength & Conditioning	<b>19</b> <b>8:00am-</b> Senior Fitness <b>9:00am-</b> Aerobics <b>5:30pm-</b> Yoga <b>6:30pm-</b> Zumba	<b>20</b> <b>7:30am-</b> Primetime <b>9:00am-</b> Cardio Sculpt <b>3:45pm-</b> Strength & Conditioning <b>7:00pm-</b> Pound Fitness	<b>21</b> <b>8:00am-</b> Senior Fitness <b>9:00am-</b> Aerobics <b>5:30pm-</b> Yoga <b>6:30pm-</b> Zumba	<b>22</b> <b>7:30am-</b> Primetime Fitness <b>8:30am-</b> Cardio Sculpt in RPC <b>3:45pm-</b> Strength & Conditioning	<b>23</b> <b>9:00am-</b> Yoga
<b>24</b>	<b>25</b> <b>7:30am-</b> Primetime Fitness <b>9:00am-</b> Cardio Sculpt <b>3:45pm-</b> Strength & Conditioning	<b>26</b> <b>8:00am-</b> Senior Fitness <b>9:00am-</b> Aerobics <b>5:30pm-</b> Yoga <b>6:30pm-</b> Zumba	<b>27</b> <b>7:30am-</b> Primetime <b>9:00am-</b> Cardio Sculpt <b>3:45pm-</b> Strength & Conditioning <b>7:00pm-</b> Pound Fitness	<b>28</b> <b>8:00am-</b> Senior Fitness <b>9:00am-</b> Aerobics <b>5:30pm-</b> Yoga <b>6:30pm-</b> Zumba	<b>29</b> <b>7:30am-</b> Primetime Fitness <b>8:30am-</b> Cardio Sculpt in RPC <b>3:45pm-</b> Strength & Conditioning	<b>30</b> <b>9:00am-</b> Yoga

# April Fieldhouse Schedule

Sunday 11am-9pm	Monday 5am - 10pm	Tuesday 5am - 10pm	Wednesday 5am - 10pm	Thursday 5am - 10pm	Friday 5am - 9pm	Saturday 8am - 4pm
<b>Important announcements:</b> *In Case of Inclement weather, Fieldhouse will be closed for Spring Sports 3-6 Monday-Fridays, and Tuesdays & Thursdays from 3-8pm. *The RCC IS CLOSED on April 17th for the Holiday. *April 8th– FIELDHOUSE CLOSED from 11am-10pm for Expo set up. * April 9th– FIELDHOUSE CLOSED all day for Business Expo.					<b>1</b> RPC (Fitness Center) CLOSED FOR MAINTENANCE.	<b>2</b>
<b>3</b>	<b>4</b> <u>9-10 am</u> CS class ( ct 2) <u>3-6pm</u> Spring Sports (courts 1-4)	<b>5</b> <u>3-6pm</u> Spring Sports (courts 1-4) <u>6-8pm–</u> RAAA softball (court 2)	<b>6</b> <u>9-10am</u> Cardio Sculpt (court 2) <u>3-6PM–</u> spring sports (courts 1-4) <u>7-9PM–</u> Pickleball open Gym (courts 1-3)	<b>7</b> <u>9-10 am</u> Aerobics class (court 2) <u>3-6pm</u> Spring Sports (courts 1-4) <u>6-8pm–</u> RAAA softball (court 2)	<b>8</b>  <b>FIELDHOUSE CLOSED 11am-10pm for EXPO set up.</b>	<b>9</b>  <b>FIELDHOUSE CLOSED all day for Business EXPO.</b>
<b>10</b>	<b>11</b> <u>9-10 am</u> CS class ( ct 2) <u>3-6pm</u> Spring Sports (courts 1-4)	<b>12</b> <u>3-6pm</u> Spring Sports (courts 1-4) <u>6-8pm–</u> RAAA softball (court 2)	<b>13</b> <u>9-10am</u> Cardio Sculpt (court 2) <u>3-6PM–</u> spring sports (courts 1-4) <u>7-9PM–</u> Pickleball open Gym (courts 1 &2)	<b>14</b> <u>9-10 am</u> Aerobics class (court 2) <u>3-6pm</u> Spring Sports (courts 1-4) <u>6-8pm–</u> RAAA softball (court 2)	<b>15</b> <u>3-6PM–</u> spring sports (courts 1-4)	<b>16</b>
<b>17</b>  <b>RCC IS CLOSED FOR THE HOLIDAY</b>	<b>18</b> <u>9-10 am</u> CS class ( ct 2) <u>3-6pm</u> Spring Sports (courts 1-4)	<b>19</b> <u>3-6pm</u> Spring Sports (courts 1-4) <u>6-8pm–</u> RAAA softball (court 2)	<b>20</b> <u>9-10am</u> Cardio Sculpt (court 2) <u>3-6PM–</u> spring sports (courts 1-4) <u>7-9PM–</u> Pickleball open Gym (courts 1-3)	<b>21</b> <u>9-10 am</u> Aerobics class (court 2) <u>3-6pm</u> Spring Sports (courts 1-4) <u>6-8pm–</u> RAAA softball (court 2)	<b>22</b> <u>3-6PM–</u> spring sports (courts 1-4)	<b>23</b>
<b>24</b> <u>9:00am-3:00pm</u> RAAA Pitching Clinic (courts 2,3)	<b>25</b> <u>9-10 am</u> CS class ( ct 2) <u>3-6pm</u> Spring Sports (courts 1-4)	<b>26</b> <u>3-6pm</u> Spring Sports (courts 1-4) <u>6-8pm–</u> RAAA softball (court 2)	<b>27</b> <u>9-10am</u> Cardio Sculpt (court 2) <u>3-6PM–</u> spring sports (courts 1-4) <u>7-9PM–</u> Pickleball open Gym (courts 1-2)	<b>28</b> <u>9-10 am</u> Aerobics class (court 2) <u>3-6pm</u> Spring Sports (courts 1-4) <u>6-8pm–</u> RAAA softball (court 2)	<b>29</b> <u>3-6PM–</u> spring sports (courts 1-4)	<b>30</b>