

September 2022

Fall hours starting
September 6th.

Mon-Thu: 5am-10pm

Friday: 5am- 9pm

Saturday: 8am- 4pm

Sunday: 11am- 9pm



Rockford Community Center

7600 County Rd 50

Rockford, MN 55373

smithj@rockford.k12.mn.us

763-477-5294

Sunday 11-9pm	Monday 5am - 10pm	Tuesday 5am - 10pm	Wednesday 5am - 10pm	Thursday 5am - 10pm	Friday 5am - 9pm	Saturday 8am - 4pm
<p>Important Announcements: Rocket power will be in the fitness center from 3-4:30 (TBD) Please review our new fall hours starting on September 6th. We have a new fitness class starting on the 24th. This class will be every other Saturday, called POUND Unplugged. Strength & Conditioning moved to M/W/F @ 3:45pm. No Yoga on 9/3, 9/6, 9/13, 9/24. Vinyasa Yoga moved to Tuesdays @ 9:00am.</p>				<p>1 8:00am- Senior Fitness 5:30pm- Yoga</p> <p>No Zumba</p>	<p>2 7:30am- Primetime 8:30am- MegaFit in RPC 3:45pm Strength & Conditioning</p>	<p>3</p> <p>No Yoga</p>
<p>4 CLOSED</p>	<p>5 CLOSED</p>	<p>6 (First day of school) 8:00am-Senior Fitness 9:00am- Vinyasa Yoga 6:30pm- Zumba No Yoga FALL HOURS BEGIN</p>	<p>7 7:30am- Primetime 9:00am-MegaFit 3:45pm Strength & Conditioning 7:00pm- Pound Fitness</p>	<p>8 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba</p>	<p>9 7:30am- Primetime 8:30am- MegaFit in RPC 3:45pm Strength & Conditioning</p>	<p>10 9:00am- Yoga</p>
<p>11</p>	<p>12 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Conditioning</p>	<p>13 8:00am- Senior Fitness 9:00am- Vinyasa Yoga 6:30pm- Zumba No Yoga</p>	<p>14 7:30am- Primetime 9:00am-MegaFit 3:45pm Strength & Conditioning 7:00pm- Pound Fitness</p>	<p>15 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba</p>	<p>16 7:30am- Primetime 8:30am- MegaFit in RPC 3:45pm Strength & Conditioning</p>	<p>17 9:00am- Yoga</p>
<p>18</p>	<p>19 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Conditioning</p>	<p>20 8:00am- Senior Fitness 9:00am- Vinyasa Yoga 5:30pm- Yoga 6:30pm- Zumba</p>	<p>21 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Conditioning 7:00pm- Pound Fitness</p>	<p>22 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba</p>	<p>23 7:30am- Primetime 8:30am- MegaFit in RPC 3:45pm Strength & Conditioning</p>	<p>24 **NEW ↓ 8:15am- POUND unplugged No Yoga</p>
<p>25</p>	<p>26 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Conditioning</p>	<p>27 8:00am- Senior Fitness 9:00am- Vinyasa Yoga 5:30pm- Yoga 6:30pm- Zumba</p>	<p>28 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Conditioning 7:00pm- Pound Fitness</p>	<p>29 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba</p>	<p>30 7:30am- Primetime 8:30am- MegaFit in RPC 3:45pm Strength & Conditioning</p>	

September Fieldhouse Schedule

Sunday 11-9pm	Monday 5am - 10pm	Tuesday 5am - 10pm	Wednesday 5am - 10pm	Thursday 5am - 10pm	Friday 5am - 9pm	Saturday 8am - 4pm
<u>IMPORTANT ANNOUCEMENTS:</u> ***INCASE OF INCLEMENT WEATHER Fall sports will be in Fieldhouse from 3-6pm. Fieldhouse might have limit space during this time.				1	2 <u>7:00-8:00pm</u> Primetime Fitness (2) <u>7:00-NOON</u> Link Crew Training (3,4)	3
4	5 <u>7:00-8:00pm</u> Primetime Fitness (2) <u>9-10am</u> MegaFit (crt 2)	6	7 <u>7:00-8:00pm</u> Primetime Fitness (2) <u>9-10am</u> MegFit (crt 2) <u>6:00-7:30am</u> Cheerleading practice(3)	8	9 <u>7:00-8:00pm</u> Primetime Fitness (2)	10 <u>9:00am-Noon</u> Fieldhouse closed for Volleyball Tournament.
11	12 <u>7:00-8:00pm</u> Primetime Fitness (2) <u>9-10am</u> MegaFit (crt 2)	13	14 <u>7:00-8:00pm</u> Primetime Fitness (2) <u>9-10am</u> MegFit (crt 2) <u>6:00-7:30am</u> Cheerleading practice (3)	15	16 <u>7:00-8:00pm</u> Primetime Fitness (2)	17
18	19 <u>7:00-8:00pm</u> Primetime Fitness (2) <u>9-10am</u> MegFit (crt 2)	20	21 <u>7:00-8:00pm</u> Primetime Fitness (2) <u>9-10am</u> MegFit (crt 2) <u>6:00-7:30am</u> Cheerleading practice (3)	22	23 <u>7:00-8:00pm</u> Primetime Fitness (2)	24
25	26 <u>7:00-8:00pm</u> Primetime Fitness (2) <u>9-10am</u> MegFit (crt 2)	27	28 <u>7:00-8:00pm</u> Primetime Fitness (2) <u>9-10am</u> MegFit (crt 2) <u>6:00-7:30am</u> Cheerleading practice (3)	29	30 <u>7:00-8:00pm</u> Primetime Fitness (2)	