

# January 2026



**Rockford Community Center**

7600 County Rd 50

Rockford, MN 55373

jamie.smith@rockford883.org

763-477-5294

Sunday 11am-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
<p><b>Important Announcements:</b>            * The RCC is OPEN on New Year's Day– 7am-6pm.            * Fieldhouse is CLOSED on the 11th, 17th, 30th (5-9pm), 31st and February 1st for Tournaments.            * Please see schedule for canceled classes.</p>				<p><b>1</b>  <b>RCC Hours</b>  <b>7:00 AM to 6:00pm</b></p> <p><b>NO FITNESS CLASSES</b></p>	<p><b>2</b>  <b>7:30am– Primetime</b>  <b>8:30am-MegaFit</b></p> <p><b>No Pilates &amp; Barre class</b></p>	<p><b>3</b>  <b>9:00am– Yoga</b></p>
<p><b>4</b></p>	<p><b>5</b>  <b>7:30am– Primetime</b>  <b>9:00am-MegaFit</b>  <b>3:45pm– Strengthen &amp; Stretch</b>  <b>6:00pm– Yoga</b></p>	<p><b>6</b>  <b>8:00am- Super Fit Senior</b>  <b>9:00am– Pilates</b>  <b>9:00am– Senior strength</b>  <b>7:00pm– Bootcamp</b></p> <p><b>No Barre or Yoga</b></p>	<p><b>7</b>  <b>9:00am-MegaFit-RPC</b>  <b>3:45pm– Cardio Tone</b>  <b>7:00pm– Pound Fitness</b></p>	<p><b>8</b>  <b>8:00am- Super Fit Senior</b>  <b>9:00am– Pilates</b>  <b>9:00am– Senior strength</b>  <b>6:00pm– Yoga</b>  <b>7:00pm– Bootcamp</b></p>	<p><b>9</b>  <b>7:30am– Primetime</b>  <b>8:30am-MegaFit</b>  <b>3:45pm– Pilates &amp; Barre</b></p>	<p><b>10</b>  <b>8:15am Pound Unplugged</b>  <b>9:00am– Yoga</b></p>
<p><b>11</b>  <b>Fieldhouse closed JO Volleyball Tournament</b></p>	<p><b>12</b>  <b>7:30am– Primetime</b>  <b>9:00am-MegaFit</b>  <b>3:45pm– Strengthen &amp; Stretch</b>  <b>6:00pm– Yoga</b></p>	<p><b>13</b>  <b>9:00am– Pilates</b>  <b>6:00pm– Yoga</b>  <b>6:00pm– Barre</b>  <b>7:00pm– Bootcamp</b></p> <p><b>No Super Fit &amp; Senior strength class</b></p>	<p><b>14</b>  <b>9:00am-MegaFit-RPC</b>  <b>3:45pm– Cardio Tone</b>  <b>7:00pm– Pound Fitness</b></p>	<p><b>15</b>  <b>9:00am– Pilates</b>  <b>6:00pm– Yoga</b>  <b>7:00pm– Bootcamp</b></p> <p><b>No Super Fit &amp; Senior strength class</b></p>	<p><b>16</b>  <b>7:30am– Primetime</b>  <b>8:30am-MegaFit</b>  <b>3:45pm– Pilates &amp; Barre</b></p>	<p><b>17</b>  <b>9:00am– Yoga</b></p> <p><b>Fieldhouse closed for Basketball Tournament</b></p>
<p><b>18</b></p>	<p><b>19</b>  <b>7:30am– Primetime</b>  <b>9:00am-MegaFit</b>  <b>3:45pm– Strengthen &amp; Stretch</b>  <b>6:00pm– Yoga</b></p>	<p><b>20</b>  <b>8:00am- Super Fit Senior</b>  <b>9:00am– Pilates</b>  <b>9:00am– Senior strength</b>  <b>6:00pm– Yoga</b>  <b>6:00pm– Barre</b>  <b>7:00pm– Bootcamp</b></p>	<p><b>21</b>  <b>9:00am-MegaFit-RPC</b>  <b>3:45pm– Cardio Tone</b>  <b>7:00pm– Pound Fitness</b></p>	<p><b>22</b>  <b>8:00am- Super Fit Senior</b>  <b>9:00am– Pilates</b>  <b>9:00am– Senior strength</b>  <b>6:00pm– Yoga</b>  <b>7:00pm– Bootcamp</b></p>	<p><b>23</b>  <b>7:30am– Primetime</b>  <b>8:30am-MegaFit</b>  <b>3:45pm– Pilates &amp; Barre</b></p>	<p><b>24</b>  <b>8:15am Pound Unplugged</b>  <b>9:00am– Yoga</b></p>
<p><b>25</b></p>	<p><b>26</b>  <b>7:30am– Primetime</b>  <b>9:00am-MegaFit</b>  <b>3:45pm– Strengthen &amp; Stretch</b>  <b>6:00pm– Yoga</b></p>	<p><b>27</b>  <b>8:00am- Super Fit Senior</b>  <b>9:00am– Senior strength</b>  <b>6:00pm– Yoga</b>  <b>6:00pm– Barre</b>  <b>7:00pm– Bootcamp</b></p>	<p><b>28</b>  <b>9:00am-MegaFit-RPC</b>  <b>3:45pm– Cardio Tone</b>  <b>7:00pm– Pound Fitness</b></p>	<p><b>29</b>  <b>8:00am- Super Fit Senior</b>  <b>9:00am– Pilates</b>  <b>9:00am– Senior strength</b>  <b>6:00pm– Yoga</b>  <b>7:00pm– Bootcamp</b></p>	<p><b>30</b>  <b>7:30am– Primetime</b>  <b>8:30am-MegaFit</b>  <b>3:45pm– Pilates &amp; Barre</b></p>	<p><b>31</b>  <b>NO YOGA</b></p> <p><b>Fieldhouse closed for Basketball Tournament</b></p>

# January Fieldhouse Schedule

Sunday 11-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
<b>Important Announcements:</b> *Fieldhouse is CLOSED on the 11th,17th,31st and February 1st and 5-9pm on Friday the 30th. • Phy Ed classes can be in our Fieldhouse from 8:00am– 2:50pm. Please call ahead for availability. • Winter sports practices are in the HS Gym and Fieldhouse from 3-6pm Monday-Friday.				<b>1</b> <b>RCC Hours</b> <b>7:00 AM to 6:00 PM</b>  <b>NO Fitness Classes</b>	<b>2</b> <b>9-10:30am</b> Pickleball lessons (1) <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2) <b>9-10:30am</b> Pickleball lessons (1) <b>6:30-9pm</b> Open Pickleball(1-3)	<b>3</b> <b>8-10am</b> Girls Basketball practice (2 & 3)
<b>4</b> <b>1-5pm</b> JO volleyball (2,3) <b>5-9PM</b> Women's indoor volleyball (3)	<b>5</b> <b>5:45-7:15am</b> Cheer(1) <b>7:30-8:30am</b> Primetime-2 <b>9-10am</b> – MegaFit– 2 <b>9-10:30am</b> Pickleball lessons (1) <b>6-7:30pm</b> – RAAA basketball (2 & 3)	<b>6</b> <b>8-9am</b> Senior fitness (2) <b>9-10:30am</b> Pickleball lessons (2) <b>3-5:30pm</b> – Cheer (1) <b>4:45-5:15</b> – Wrestling (2) <b>6-7:30pm</b> – RAAA basketball (2 & 3) <b>7-8pm</b> – Bootcamp (1)	<b>7</b> <b>9-10:30am</b> Pickleball lessons (2) <b>6:30-9pm</b> Open Pickleball (All Courts)	<b>8</b> <b>8-9am</b> Senior fitness (2) <b>3-5:30pm</b> – Cheer (1) <b>6-9pm</b> – RAAA basketball (2 & 3) <b>7-8pm</b> – Bootcamp (1)	<b>9</b> <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2) <b>9-10:30am</b> Pickleball lessons (1) <b>3-7:30</b> Boys bball game (2) <b>6:30-9pm</b> Open Pickleball (3-4)	<b>10</b>
<b>11</b> <b>FIELDHOUSE CLOSED TOURNAMENT</b>	<b>12</b> <b>5:45-7:15am</b> Cheer(1) <b>7:30-8:30am</b> –Primetime-2 <b>9-10am</b> – MegaFit-2 <b>9-10:30am</b> Pickleball lessons (1) <b>6-9pm</b> – RAAA basketball 2 & 3	<b>13</b> <b>8-9am</b> Senior fitness (2) <b>9-10:30am</b> Pickleball lessons (2) <b>3-7pm</b> basketball games (2) <b>7-8pm</b> – Bootcamp (1)	<b>14</b> <b>9-10:30am</b> Pickleball lessons (2) <b>6:30-9pm</b> Open Pickleball (All Courts)	<b>15</b> <b>8-9am</b> Senior fitness (2) <b>3-5:30pm</b> – Cheer (1) <b>6-7:30pm</b> – RAAA basketball (2 & 3) <b>7-8pm</b> – Bootcamp (1)	<b>16</b> <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2) <b>9-10:30am</b> Pickleball lessons (1) <b>3-8:30pm</b> basketball games (2) <b>6:30-9pm</b> Open Pickleball (3)	<b>17</b> <b>FIELDHOUSE CLOSED TOURNAMENT</b>
<b>18</b> <b>5-9PM</b> Women's indoor volleyball (2,3)  <b>RHS Wrestling Tournament</b>	<b>19</b> <b>9-10:30am</b> Pickleball lessons (1) <b>7:30-8:30am</b> –Primetime-2 <b>9-10am</b> – MegaFit-2	<b>20</b> <b>8-9am</b> Senior fitness (2) <b>9-10:30am</b> Pickleball lessons (2) <b>3-5:45pm</b> basketball games (2) <b>6-7:30pm</b> – RAAA basketball (2 & 3) <b>7-8pm</b> – Bootcamp (1)	<b>21</b> <b>9-10:30am</b> Pickleball lessons (2) <b>6:30-9pm</b> Open Pickleball (All Courts)	<b>22</b> <b>8-9am</b> Senior fitness (2) <b>3-5:30pm</b> – Cheer (1) <b>6-7:30pm</b> – RAAA basketball (2 & 3) <b>7-8pm</b> – Bootcamp (1)	<b>23</b> <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2) <b>9-10:30am</b> Pickleball lessons (1) <b>6:30-9pm</b> Open Pickleball(1-3)	<b>24</b>
<b>25</b> <b>5-9PM</b> Women's indoor volleyball (2,3)	<b>26</b> <b>9-10:30am</b> Pickleball lessons (1) <b>7:30-8:30am</b> –Primetime-2 <b>9-10am</b> – MegaFit-2	<b>27</b> <b>8-9am</b> Senior fitness (2) <b>9-10:30am</b> Pickleball lessons (2) <b>3-6pm</b> basketball games (2) <b>6-7:30pm</b> – RAAA basketball (2 & 3) <b>7-8pm</b> – Bootcamp (1)	<b>28</b> <b>9-10:30am</b> Pickleball lessons (2) <b>6:30-9pm</b> Open Pickleball (All Courts)	<b>29</b> <b>8-9am</b> Senior fitness (2) <b>3-5:30pm</b> – Cheer (1) <b>6-7:30pm</b> – RAAA basketball (2 & 3) <b>7-8pm</b> – Bootcamp (1)	<b>30</b> <b>7:30-8:30am</b> Primetime (2) <b>8:30-9:30am</b> – MegaFit (2) <b>9-10:30am</b> Pickleball lessons (1) <b>5-9</b> – Tournament set up– <b>FIELDHOUSE CLOSED</b>	<b>31</b> <b>FIELDHOUSE CLOSED TOURNAMENT</b>