

April 2026



Sunday 11am-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
Important announcements: The RCC is closed on Sunday, 4/5 for Easter. Please review the calendar for canceled fitness classes.			1 9:00am-MegaFit-RPC 6:00pm- Zumba 7:00pm- Pound Fitness No Cardio Tone	2 8:00am- Super Fit Senior 9:00am- Senior strength 6:00pm- Yoga No Pilates & Bootcamp	3 7:30am- Primetime 8:30am-MegaFit No Pilates & Barre	4 8:00am Pound Unplugged 9:00am- Yoga
5 CLOSED	6 7:30am- Primetime 9:00am-MegaFit 3:45pm- Strengthen & Stretch 6:00pm- Yoga	7 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 6:00pm- Barre 7:00pm- Bootcamp No Yoga	8 9:00am-MegaFit-RPC 3:45pm- Cardio Tone 6:00pm- Zumba 7:00pm- Pound Fitness	9 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 7:00pm- Bootcamp No Yoga	10 3:45pm- Pilates & Barre No Primetime & Mega	11 No Yoga
12 5:00pm- Zumba	13 3:45pm- Strengthen & Stretch No Primetime, MegFit & Yoga	14 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 6:00pm- Yoga 6:00pm- Barre 7:00pm- Bootcamp	15 9:00am-MegaFit-RPC 3:45pm- Cardio Tone 6:00pm- Zumba 7:00pm- Pound Fitness	16 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 6:00pm- Yoga 7:00pm- Bootcamp	17 7:30am- Primetime 8:30am-MegaFit 3:45pm- Pilates & Barre	18 8:00am Pound Unplugged 9:00am- Yoga
19 No Zumba	20 7:30am- Primetime 9:00am-MegaFit 3:45pm- Strengthen & Stretch 6:00pm- Yoga	21 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 6:00pm- Yoga 6:00pm- Barre 7:00pm- Bootcamp	22 9:00am-MegaFit-RPC 3:45pm- Cardio Tone 6:00pm- Zumba No Pound Fitness	23 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 6:00pm- Yoga 7:00pm- Bootcamp	24 7:30am- Primetime 8:30am-MegaFit 3:45pm- Pilates & Barre	25 9:00am- Yoga
26 5:00pm- Zumba	27 7:30am- Primetime 9:00am-MegaFit 3:45pm- Strengthen & Stretch 6:00pm- Yoga	28 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 6:00pm- Yoga 6:00pm- Barre 7:00pm- Bootcamp	29 9:00am-MegaFit-RPC 3:45pm- Cardio Tone 6:00pm- Zumba 7:00pm- Pound Fitness	30 8:00am- Super Fit Senior 9:00am- Pilates 9:00am- Senior strength 7:00pm- Bootcamp No Yoga		

April Fieldhouse Schedule

Sunday 11-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
Important announcements: The RCC is closed on Sunday, 4/5 for Easter. In case of inclement weather Phy Ed will be in Fieldhouse from 8am-2:45pm. Along with Spring Sports from 3-6pm. Please call for court availability.			1 9-10:30am Pickleball lessons (2) 6:30-9pm Open Pickleball (2&3)	2 8-9am- SuperFit Senior (2) 9-10am-Senior Strength & Balance (2) 7-8pm- Bootcamp (1)	3 7:30-8:30am Primetime (2) 9-10am MegaFit (2) 9-10:30am Pickleball lessons (3) 6:30-9pm Open Pickleball(1-3)	4
5 CLOSED	6 7:30-8:30am Primetime-(2) 9-10am- MegaFit-(2) 9-10:30am Pickleball lessons (2) 6-8:15pm- RAAA Softball (1,2)	7 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball lesson(3) 7-8pm- Bootcamp (1)	8 9-10:30am Pickleball lessons (2) 6:30-9pm Open Pickleball (2&3)	9 8-9am Senior fitness (2) 9-10am Senior Strength 7 balance (2) 9-10:30am Pickleball (3) 7-8pm- Bootcamp (1)	10 7:30-8:30am Primetime (2) 8:30-9:30am MegaFit (2) 9-10:30am Pickleball lessons (3) 6:30-9pm Open Pickleball(1-3)	11 9-12pm Rockford Crow Baseball clinic (2 & 3)
12 1-5pm JO volleyball (2,3)	13 7:30-8:30am-Primetime-(2) 9-10am- MegaFit-(3) 9-10:30am Pickleball lessons (2) 6-8:15pm- RAAA Softball (1,2) 7:15-8:15pm- RC cars class (3)	14 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball lessons(3) 7-8pm- Bootcamp (1)	15 9-10:30am Pickleball lessons (2) 6:30-9pm Open Pickleball (2&3)	16 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball (3) 7-8pm- Bootcamp (1)	17 7:30-8:30am Primetime (2) 8:30-9:30am MegaFit (2) 9-10:30am Pickleball lessons (3) 6:30-9pm Open Pickleball(1-3)	18 10am-2pm RAAA softball pitching clinic(1&2)
19	20 7:30-8:30am-Primetime-(2) 9-10am- MegaFit-(2) 9-10:30am Pickleball lessons (1) 6-8:15pm- RAAA Softball (1,2)	21 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball lessons (3) 7-8pm- Bootcamp (1)	22 9-10:30am Pickleball lessons (2) 6:30-9pm Open Pickleball (2&3) 8am-1:30am DAPE school program (all courts)	23 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball (3) 7-8pm- Bootcamp (1)	24 7:30-8:30am Primetime (2) 8:30-9:30am MegaFit (2) 9-10:30am Pickleball lessons (3) 6:30-9pm Open Pickleball(1-3)	25 9-12pm RAAA softball catching clinic(1&2)
26	27 7:30-8:30am-Primetime-(2) 9-10am- MegaFit-(2) 9-10:30am Pickleball lessons (1) 6-8:15pm- RAAA Softball (1,2)	28 8-9am Senior fitness (2) 9-10am Senior Strength 7 balance (2) 9-10:30am Pickleball lessons(3) 7-8pm- Bootcamp (1)	29 9-10:30am Pickleball lessons (2) 6:30-9pm Open Pickleball (2&3)	30 8-9am Senior fitness (2) 9-10am Strength & Sretch (2) 9-10:30am Pickleball (3) 7-8pm- Bootcamp (1)		