

September 2026

Fall hours will begin on
September 1st.
Monday– Friday: 5am-9pm.
Saturday– 8am-4pm.
Sunday– 10am-9pm.



Rockford Community Center
7600 County Rd 50
Rockford, MN 55373
jamie.smith@rockford883.org
763-477-5294

Sunday 10am-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
Our 3:45 M/W/F Fitness class will be on hold until we find a new instructor. Sorry for the inconvenience		1 (First day of school) 9:00am– Pilates + Barre 6:00pm– Yoga 6:00pm– Barre 6:45pm– Bootcamp No Super fit No senior strength	2 9:00am–MegaFit-RPC 6:00pm– Zumba 7:00pm– Pound Fitness No TRX Fitness	3 9:00am– Pilates + barre 6:00pm– Yoga 6:45pm Bootcamp No Super fit No Senior strength	4 7:30am– Primetime 8:30am–MegaFit	5 8:00am Pound Unplugged 9:00am– Yoga
6 CLOSED	7 CLOSED	8 9:00am– Pilates + Barre 6:00pm– Yoga 6:45pm– Bootcamp No Super fit, No Senior strength No 6pm Barre	9 8:00am– TRX Fitness 9:00am–MegaFit-RPC 6:00pm– Zumba 7:00pm– Pound Fitness No TRX Fitness	10 8:00am- Super Fit Senior 9:00am– Senior strength 9:00am– Pilates + barre 6:00pm– Yoga 6:45pm Bootcamp	11 7:30am– Primetime 8:30am–MegaFit	12 9:00am– Yoga No TRX Fitness
13 5:00pm– Zumba	14 7:30am– Primetime 9:00am–MegaFit	15 8:00am- Super Fit Senior 9:00am– Senior strength 9:00am– Pilates + Barre 6:00pm– Yoga 6:00pm– Barre 6:45pm– Bootcamp	16 8:00am– TRX Fitness 9:00am– MegaFit 6:00pm– Zumba 7:00pm– Pound Fitness	17 8:00am- Super Fit Senior 9:00am– Senior strength 9:00am– Pilates + barre 6:00pm– Yoga 6:45pm Bootcamp	18 7:30am– Primetime 8:30am–MegaFit	19 8:00am Pound Unplugged 9:00am– Yoga 9:00am– TRX Fitness
20 5:00pm– Zumba	21 7:30am– Primetime 9:00am–MegaFit	22 8:00am- Super Fit Senior 9:00am– Pilates + Barre 9:00am– Senior strength 6:00pm– Yoga 6:00pm– Barre 6:45pm– Bootcamp	23 8:00am– TRX Fitness 9:00am–MegaFit 6:00pm– Zumba 7:00pm– Pound Fitness	24 8:00am- Super Fit Senior 9:00am– Senior strength 9:00am– Pilates + barre 6:00pm– Yoga 6:45pm– Bootcamp	25 7:30am– Primetime 8:30am–MegaFit	26 9:00am– TRX Fitness NO Yoga
27 5:00pm– Zumba	28 7:30am– Primetime 9:00am–MegaFit	29 8:00am- Super Fit Senior 9:00am– Pilates + Barre 9:00am– Senior strength 6:00pm– Yoga 6:00pm– Barre 6:45pm– Bootcamp	30 8:00am– TRX Fitness 9:00am–MegaFit 6:00pm– Zumba 7:00pm– Pound Fitness	Important announcements: *Please review the calendar for canceled fitness classes. *Fall hours starting September 1st. *3:45pm M/W/F fitness class is on pause until further notice. * Bootcamp start time is at 6:45pm on Tuesdays and Thursdays. The RCC will be CLOSED on September 6th and 7th for Labor Day weekend.		

September Fieldhouse Schedule

Sunday 10am-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
		1 9-10:30am Pickleball lesson(3) 6:45-7:45pm – Bootcamp (1)	2 9-10:30am Pickleball lessons (2)	3 9-10:30am Pickleball lessons (3) 6:45-7:45pm – Bootcamp (1)	4 7:30-8:30am Primetime (2) 9-10am MegaFit (2)	5
6 CLOSED	7 CLOSED	8 9-10:30am Pickleball lesson(3) 6:45-7:45pm – Bootcamp (1)	9 9-10:30am Pickleball lessons (2)	10 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 9-10:30am Pickleball lessons (3) 6:45-7:45pm – Bootcamp (1)	11 7:30-8:30am Primetime (2) 9-10am MegaFit (2)	12
13	14 7:30-8:30am -Primetime-(2) 9-10am MegaFit (2) 9-10:30am Pickleball lessons (3)	15 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball lessons (3) 6:45-7:45pm – Bootcamp (1)	16 9-10:30am Pickleball lessons (2)	17 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 9-10:30am Pickleball lessons (3) 6:45-7:45pm -Bootcamp (1)	18 7:30-8:30am Primetime (2) 9-10am MegaFit (2)	19
20	21 7:30-8:30am -Primetime-(2) 9-10am MegaFit (2) 9-10:30am Pickleball lessons (3) 11am- 3pm Link Training in all 4 courts	22 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 9-10:30am Pickleball lessons (3) 6:45-7:45pm – Bootcamp (1)	23 9-10:30am Pickleball lessons (2)	24 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 9-10:30am Pickleball lessons (3) 6:45-7:45pm -Bootcamp (1)	25 7:30-8:30am Primetime (2) 9-10am MegaFit (2)	26
27	28 7:30-8:30am -Primetime-(2) 9-10am MegaFit (2) 9-10:30am Pickleball (3)	29 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball lessons (3) 6:45-7:45pm – Bootcamp (1)	30 9-10:30am Pickleball lessons (2)			