November2026

HS PE weight room usage:
Tues & Thurs– 11:15am-12:45pm
Fridays– – 1-2pm

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
1 **5:00pm–** Zumba + Lift™	**2** **7:30am–** Primetime **9:00am-**MegaFit	**3 Primary elections** **8:00am-** Super Fit Senior **9:00am–** Senior strength **9:00am–** Pilates + Barre **6:00pm–** Barre **6:45pm–** Bootcamp **No Yoga**	**4** **9:00am-**MegaFit-RPC **6:00pm–** Zumba + Lift™ **7:00pm–** Pound Fitness	**5** **8:00am-** Super Fit Senior **9:00am–** Senior strength **9:00am–** Pilates + barre **6:45pm** Bootcamp **No Yoga**	**6** **7:30am–** Primetime **8:30am-**MegaFit	**7** **9:00am–** Yoga
8 **5:00pm–** Zumba + Lift™	**9** **7:30am–** Primetime **9:00am-**MegaFit	**10** **8:00am-** Super Fit Senior **9:00am–** Senior strength **9:00am–** Pilates + Barre **6:00pm–** Yoga **6:00pm–** Barre **6:45pm–** Bootcamp	**11** **9:00am-**MegaFit-RPC **6:00pm–** Zumba + Lift™ **7:00pm–** Pound Fitness	**12** **8:00am-** Super Fit Senior **9:00am–** Senior strength **9:00am–** Pilates + barre **6:00pm–** Yoga **6:45pm** Bootcamp	**13** **7:30am–** Primetime **8:30am-**MegaFit	**14** **8:00am** Pound Unplugged **9:00am–** Yoga
15 **No Zumba**	**16** **7:30am–** Primetime **9:00am-**MegaFit	**17** **8:00am-** Super Fit Senior **9:00am–** Senior strength **9:00am–** Pilates + Barre **6:00pm–** Yoga **6:00pm–** Barre **6:45pm–** Bootcamp	**18** **8:30am-**MegaFit– RPC **6:00pm–** Zumba + Lift™ **7:00pm–** Pound Fitness	**19** **8:00am-** Super Fit Senior **9:00am–** Senior strength **9:00am–** Pilates + barre **6:45pm** Bootcamp	**20** **7:30am–** Primetime **8:30am-**MegaFit	**21** **9:00am–** Yoga
22 **5:00pm–** Zumba + Lift™	**23** **7:30am–** Primetime **9:00am-**MegaFit	**24** **8:00am-** Super Fit Senior **9:00am–** Senior strength **9:00am–** Pilates + Barre **6:00pm–** Yoga **6:45pm–** Bootcamp **No 6pm BARRE Class**	**25** **8:30am-**MegaFit– RPC **6:00pm–** Zumba + Lift™ **7:00pm–** Pound Fitness	**26** **CLOSED** **Happy Thanksgiving!**	**27** **8:30am-**MegaFit **No Primetime Fitness** **(Hours 8am-8pm)**	**28** **8:00am** Pound Unplugged **9:00am–** Yoga
29 **5:00pm–** Zumba + Lift™	**30** **7:30am–** Primetime **9:00am-**MegaFit					

Important announcements:
*Please review the calendar for canceled fitness classes.

- PE will be in the weight room Tuesdays and Thursdays 11:15-12:45 and Fridays from 1-2pm.
- Closed on 11/26 for Thanksgiving.
- Black Friday hours 8:00am– 8:00pm

Looking Forward:
Fieldhouse Closed: 12/5,12/6,12/12,12/13 for Tournaments.
RCC Closed: December 24th and 25th.
RCC hours on December 31st. 5:00am to 5:00pm.

November Fieldhouse Schedule

Sunday 10am-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
1 **5-9pm** Women's volleyball league (2,3)	**2** **7:30-8:30am-**Primetime-(2) **9-10am** MegaFit (2) **9-10:30am** Pickleball lessons (3) **3-5:30pm–** Cheer (1) **6-9pm–** RAAA basketball practice (2,3)	**3** **8-9am** Senior fitness (2) **9-10am** Senior Strength & Balance (2) **3-5:30pm–** Cheer (1) **6:45pm-** Bootcamp (1)	**4** **9-10:30am** Pickleball lessons (2) **6:30-9pm** Open pickleball (2,3)	**5** **8-9am** Senior fitness (2) **9-10am** Senior Strength & balance (2) **9-10:30am** Pickleball (3) **3-5:30pm–** Cheer (1) **6:45pm–** Bootcamp (1) **6-9pm–** RAAA basketball practice (2,3)	**6** **7:30-8:30am** Primetime (2) **9-10am** MegaFit (2) **6:30-9pm** Open pickleball (2,3,4)	**7**
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