

November 2022

ATTENTION:

Due to certain factors and low count in member visits from 8-10pm Mon- Fri, the RCC will be closing @ 9pm.

*Please Note: This is a temporary change that will be evaluated on a month to month basis.



Rockford Community Center

7600 County Rd 50

Rockford, MN 55373

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763-477-5294

Sunday 11-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
		1 8:00am- Senior Fitness 9:00am- Vinyasa Yoga 5:30pm- Yoga 6:30pm- Zumba	2 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Con 7:00pm- Pound Fitness	3 8:00am- Senior Fitness 6:30pm- Zumba NO YOGA	4 7:30am- Primetime 8:30am- MegaFit- RPC 3:45pm Strength & Con	5 8:15am- POUND unplugged 9:00am- Yoga
6	7 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Con	8 *****Elections***** The RCC is will be OPEN Only for voting	9 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Con 7:00pm- Pound Fitness	10 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba NO YOGA	11 7:30am- Primetime 8:30am- MegaFit- RPC 3:45pm Strength & Con	12 9:00am- Yoga
13	14 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Con	15 8:00am- Senior Fitness 9:00am- Vinyasa Yoga 6:30pm- Zumba NO 5:30 YOGA	16 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Con NO POUND FITNESS	17 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba	18 7:30am- Primetime 8:30am- MegaFit- RPC 3:45pm Strength & Con	19 9:00am- Yoga NO POUND UNPLUGGED
20	21 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Con	22 8:00am- Senior Fitness 9:00am- Yoga 5:30pm- Yoga 6:30pm- Zumba	23 5-8am- OPEN 8am-3pm- CLOSED 3-7pm- OPEN NO FITNESS CLASSES	24 CLOSED Happy Thanksgiving	25 8:00am - 8:00pm 8:30am- MegaFit-RPC NO PRIMETIME FITNESS & STRENGTH & COND.	26 9:00am- Yoga
27	28 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Con.	29 8:00am- Senior Fitness 9:00am- Vinyasa Yoga 5:30pm- Yoga 6:30pm- Zumba	30 7:30am- Primetime 9:00am- MegaFit 3:45pm Strength & Con 7:00pm- Pound Fitness	Important Announcements: *NO 5:30pm & Sat YOGA on the 3rd,10th,15th. *NO POUND on the 16th and 23rd. No Pound Unplugged on the 19th. *11/23 the RCC hours will be Closed 8am-3pm. Open 5am-8am & 3-7pm * Please see highlighted dates for big changes. *CLOSED on the 24th for the Holiday. Black Friday hours are 8am-8pm. LOOKING FORWARD: Fieldhouse closed for Tournaments on Dec. 3rd,4th,10th & 11th.		

November Fieldhouse Schedule

Sunday 11-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 8pm	Saturday 8am - 4pm
Friendly reminder: School Athletics will be in Fieldhouse courts 2 & 3 Monday– Friday from 3-6pm. We will have only court 4 available during that time.		1 6:00-7:30pm RAAA Basketball practice (courts 2,3)	2 7:00-8:00am Primetime Fitness (2) 9-10am MegFit (crt 2) 6:00-9:00pm –Pickleball	3 6:00-9:00pm RAAA basketball (courts 2 & 3)	4 7:00-8:00am Primetime Fitness (2) 6:00-7:30pm RAAA basketball (courts 2 & 3)	5 8:00-10:00am Pole Vault rental (courts 2 & 3) 11:00am-2:00pm – Birthday Rental (court 3)
6 8-11am Pole Vault rental (courts 2 & 3) 1:00-5:00pm JO Volleyball (crt 2 & 3) 5:00-9:00pm Women's volleyball (courts 2 & 3)	7 7:00-8:00am Primetime (2) 9-10am MegaFit (crt 2) 6:00-7:30pm RAAA basketball (crt 2,3) 7:30-9:30pm vball (3) 7:30-9:00pm RAAA basketball (court 3)	8 ELECTIONS The RCC will open for voting only.	9 7:00-8:00am Primetime Fitness (2) 9-10am MegFit (crt 2) 6:00-9:00pm –Pickleball	10 7:30-9:00pm RAAA basketball (courts 2 & 3)	11 7:00-8:00am Primetime Fitness (2)	12 8:00-10:00am Pole Vault rental (courts 2 & 3)
13 1:00-5:00pm JO Volleyball (crt 2 & 3) 5:00-9:00pm Women's volleyball (courts 2 & 3)	14 7:00-8:00am Primetime Fitness (2) 9-10am MegaFit (crt 2)	15 4:15-7:15pm Girls basketball game (court 2 & 3)	16 7:00-8:00am Primetime Fitness (2) 9-10am MegFit (crt 2) 6:00-9:00pm Pickleball	17 6:00-9:00pm RAAA basketball (courts 2 & 3)	18 7:00-8:00am Primetime Fitness (2)	19 8:00-10:00am Pole Vault rental (courts 2 & 3)
20 1:00-5:00pm JO Volleyball (crt 2 & 3) 5:00-9:00pm Women's volleyball (courts 2 & 3)	21 7:00-8:00am Primetime Fitness (2) 9-10am MegFit (crt 2)	22 4:15-7:15pm Girls basketball game (court 2 & 3)	23 5-8am– OPEN 8am-3pm- CLOSED 3-7pm– OPEN	24 CLOSED Happy Thanksgiving	25 BLACK FRIDAY HOURS 8AM-8PM	26 8:00-10:00am Pole Vault rental (courts 2 & 3)
27 5:00-7:00pm Womens Volleyball league (crt 2,3)	28 7:00-8:00am Primetime Fitness (2) 9-10am MegFit (crt 2)	29 4:15-7:15pm Girls basketball game (court 2 & 3)	30 7:00-8:00am Primetime Fitness (2) 9-10am MegFit (crt 2) 6:00-9:00pm Pickleball	IMPORTANT ANNOUCEMENTS: *During school hours (8am-3pm) PE will be in courts 2 & 3. Please call ahead of time for available space. LOOKING FORWARD: Fieldhouse closed for Tournaments on Dec. 3rd,4th,10th & 11th. RCC closed on December 24th & 25th.		