

January 2022



Rockford Community Center

7600 County Rd 50
Rockford, MN 55373
smithj@rockford.k12.mn.us
763-477-5294

Sunday 1-9pm	Monday 5am - 10pm	Tuesday 5am - 10pm	Wednesday 5am - 10pm	Thursday 5am - 10pm	Friday 5am - 9pm	Saturday 8am - 1:00pm
IMPORTANT ANNOUNCEMENTS: ⇒ Please review Fieldhouse for sport practices and home games. ⇒ No Strength and Conditioning class on Jan 3rd, 5th, 7th. ⇒ Monday Jan 31st - Classes are still as normal.						1
2	3 7:30am- Primetime Fitness 9:00am- Cardio Sculpt No Strength & Conditioning	4 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	5 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 7:00pm- Pound Fitness No Strength & Conditioning	6 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba	7 7:30am- Primetime Fitness 8:30am- Cardio Sculpt in RPC No Strength & Conditioning	8 9:00am- Yoga
9	10 7:30am- Primetime Fitness 9:00am- Cardio Sculpt No Strength & Conditioning	11 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	12 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 3:45pm- Strength & Conditioning 7:00pm- Pound Fitness	13 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba	14 7:30am- Primetime Fitness 8:30am- Cardio Sculpt In RPC 3:45pm- Strength & Conditioning	15 9:00am- Yoga
16	17 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 3:45pm- Strength & Conditioning	18 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	19 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 3:45pm- Strength & Conditioning 7:00pm- Pound Fitness	20 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba	21 7:30am- Primetime Fitness 8:30am- Cardio Sculpt In RPC 3:45pm- Strength & Conditioning	22 9:00am- Yoga
23	24 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 3:45pm- Strength/Con	25 8:00am- Senior Fitness 9:00am- Strength & Conditioning 5:30pm- Yoga 6:30pm- Zumba	26 7:30am- Primetime Fitness 9:00am- Cardio Sculpt 3:45pm- Strength & Conditioning 7:00pm- Pound Fitness	27 8:00am- Senior Fitness 5:30pm- Yoga 6:30pm- Zumba	28 7:30am- Primetime Fitness 8:30am- Cardio Sculpt In RPC 3:45pm- Strength & Conditioning	29 9:00am- Yoga
30	31 Same as 1/24					

January Fieldhouse Schedule

Sunday 1pm-9pm	Monday 5am - 10pm	Tuesday 5am - 10pm	Wednesday 5am - 10pm	Thursday 5am - 10pm	Friday 5am - 9pm	Saturday 8am - 1pm
						1
2 <u>5:00-7:00pm</u> Women's volleyball (Court 2) <u>7:00-9:00pm</u> Women's volleyball (Court 2 & 3)	3 <u>9-10 am</u> CS class (ct 2) <u>3-6 PM-</u> HS/MS BB (courts 2,3,) <u>6-7:30pm-</u> RAAA sports (court 2) <u>8-10pm-</u> vball (crt 3)	4 <u>3-6pm-</u> Winter School practices (court 3) <u>6-7:30pm-</u> RAAA sports (court 3)	5 <u>9-10am</u> Cardio Sculpt class (Court 2) <u>3-6PM-</u> HS/MS BB (courts 2,3,4) <u>7-9PM-</u> Pickleball Leagues (courts 2,3,4)	6 <u>3-6pm</u> MS Girls BB game (courts 2 & 3) <u>6-8pm-</u> Cheer (crt2) <u>6-9pm</u> RAAA BB (crt 3)	7 <u>3-6PM-</u> Winter School practices (courts 2,3,4) <u>6-8pm-</u> RAAA family night rental (courts 2,3)	8
9 <u>5:00-7:00pm</u> Women's volleyball (Court 2) <u>7:00-9:00pm</u> Women's volleyball (Court 2 & 3)	10 <u>9-10 am</u> CS class (crt 2) <u>3-6pm-</u> HS/MS BB (courts 2,3,4) <u>6-8 pm-</u> <u>Cheer</u> (crt2) <u>8-10pm-</u> vball (crt 3)	11 <u>3-6pm</u> Boys BB games (court 2) <u>6:00-7:30pm</u> RAAA sports (court 2 & 3) <u>7:30-9pm-</u> RAAA sports (courts 2)	12 <u>9-10am</u> Cardio Sculpt class (Court 2) <u>3:00-6:00PM-</u> HS/MS BB (courts 2,3,4) <u>7-9PM-</u> Pickleball Leagues (courts 2,3,4)	13 <u>3-6pm-</u> HS/MS BB practice (court 2, 3 & 4) <u>6-9pm</u> RAAA BB (courts 2 & 3)	14 <u>3-6PM-</u> Winter School practices (ct 2,3) <u>6:00-9:00pm</u> Pole Vault Rental (courts 2 & 3)	15
16 <u>5:00-7:00pm</u> Women's volleyball (Court 2) <u>7:00-9:00pm</u> Women's volleyball (Court 2 & 3)	17 <u>9-10 am</u> CS class (crt 2) <u>3-6pm-</u> HS/MS BB (courts 2,3,4) <u>6-7:30pm-</u> RAAA (courts 2& 3) <u>8-10pm-</u> vball (crt 3)	18 <u>3-6pm</u> Boys BB games (court 2 & 3) <u>6:00-7:30pm</u> RAAA sports (court 2 & 3)	19 <u>9-10am</u> Cardio Sculpt class (Court 2) <u>3-6PM-</u> HS/MS BB (courts 2,3,4) <u>7-9PM-</u> Pickleball Leagues (courts 2,3,4)	20 <u>3-6pm-</u> HS/MS BB (court 3) <u>6-9pm-</u> RAAA sports (courts 2 & 3)	21 <u>3:00-6:00PM-</u> Winter School practices (court 3) <u>6:00-9:00pm</u> Pole Vault Rental (courts 2 & 3)	22
23 <u>5:00-9:00pm</u> Women's volleyball (Court 2,3)	24 <u>9-10am</u> CS class (Crt 2) Same schedule as 1/17	25 <u>3-7pm</u> Boys & Girls BB games (court 2 & 3)	26 <u>9-10am</u> Cardio Sculpt class (Court 2) <u>3-6PM-</u> HS BB (courts 2,3,4) <u>7-9PM-</u> Pickleball Leagues (courts 2,3,4)	27 <u>3-6pm-</u> HS/MS BB (court 3) <u>6-7:30pm</u> RAAA sports (court 3) <u>6-9pm-</u> RAAA sports (courts 2 & 3)	28 <u>3:00-6:00PM-</u> Winter School practices (court 3) <u>6:00-9:00pm</u> Pole Vault Rental (courts 2 & 3)	29
31 <u>5:00-9:00pm</u> Women's volleyball (Court 2,3)	31 Same schedule as 1/24					