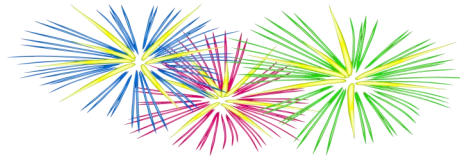


JULY 2019



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

Sunday 4pm-9pm	Monday 5am - 8pm	Tuesday 5am - 8pm	Wednesday 5am - 8pm	Thursday 5am - 8pm	Friday 5am - 8pm	Saturday 7am - 12pm
	1 5:10 Get up & go Fitness 7:15am Prime Time Fitness 9:00am Cardio Sculpt 6:00pm Strength & Conditioning 6:00pm Zumba- Fieldhouse	2 8:00am Senior Fitness 9:10 Strength & Conditioning NO YOGA	3 5:10 Get up & go Fitness 7:15am Prime Time Fitness 9am Cardio Sculpt -RPC 6:00pm Strength & Conditioning in Fieldhouse 6pm Zumba	4 CLOSED Happy Independence Day!!	5 CLOSED	6 CLOSED
7	8 5:10 Get up & go Fitness 7:15am Prime Time Fitness 9:00am Cardio Sculpt 6:00pm Strength & Conditioning 6:00pm Zumba- Fieldhouse	9 8:00am Senior Fitness 9:10 Strength & Conditioning 5pm Yoga	10 5:10 Get up & go Fitness 7:15am Prime Time Fitness 9am Cardio Sculpt -RPC 6:00pm Strength & Conditioning in Fieldhouse 6:00pm Zumba	11 8:00am Senior Fitness 9:10am Strength & Conditioning 6pm Yoga	12 5:10 Get up & go Fitness 8:30am Cardio Sculpt	13
14	15 5:10 Get up & go Fitness 7:15am Prime Time Fitness 9:00am Cardio Sculpt 6:00pm Strength & Conditioning 6:00pm Zumba-Fieldhouse	16 8:00am Senior Fitness 9:10am Strength & Conditioning 5pm Yoga	17 5:10 Get up & go Fitness 7:15am Prime Time Fitness 9am Cardio Sculpt -RPC 6:00pm Strength & Conditioning 7:00pm- Zumba	18 8:00am Senior Fitness 9:10am Strength & Conditioning NO YOGA	19 5:10 Get up & go Fitness NO Cardio Sculpt	20
21	22 5:10 Get up & go Fitness 7:15am Prime Time Fitness 6:00pm Strength & Conditioning 7:00pm Zumba NO Cardio Sculpt	23 8:00am Senior Fitness 9:10am Strength & Conditioning 5pm Yoga	24 5:10 Get up & go Fitness 7:15am Prime Time Fitness 6:00pm Strength & Conditioning 7:00pm Zumba NO Cardio Sculpt	25 8:00am Senior Fitness 9:10am Strength & Conditioning 6pm Yoga	26 5:10 Get up & go Fitness NO Cardio Sculpt	27 10am Zumba
28	29 5:10 Get up & go Fitness 7:15am Prime Time Fitness 9:00am Cardio Sculpt 6:00pm Strength & Conditioning 7:00pm Zumba	30 8:00am Senior Fitness 9:10am Strength & Conditioning 5pm Yoga	31 5:10 Get up & go Fitness 7:15am Prime Time Fitness 9am -Cardio Sculpt RPC 6:00pm Strength & Conditioning 7:00 pm Zumba	<p align="center">ANNOUNCEMENTS:</p> <ul style="list-style-type: none"> ◆ No Zumba class on the 13th and 20th ◆ No Cardio Sculpt 19th, 22, 24th 26th <ul style="list-style-type: none"> ◆ No Yoga July 2nd & 18th ◆ July 22-25 Dance camp is in Dance Studio from 9:30-Noon 		