

MAY 2017

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

Sunday 9am - 5pm	Monday 5am - 10pm	Tuesday 5am - 10pm	Wednesday 5am - 10pm	Thursday 5am - 10pm	Friday 5am - 9pm	Saturday 7am - 3pm
	1 7:30am Prime Time Fitness 9am Cardio Sculpt 6pm Bionic Burn 7:30pm Zumba	2 5:10am Power Mix 5pm Yoga	3 7:30am Prime Time Fitness 9am Cardio Sculpt 6pm Bionic Burn 7:30pm Zumba	4 5:10am Power Mix 6pm Yoga	5 9am Cardio Sculpt	6 9am Yoga 10am Zumba
7	8 7:30am Prime Time Fitness 9am Cardio Sculpt 6pm Bionic Burn 7:30pm Zumba	9 5:10am Power Mix 5pm Yoga	10 7:30am Prime Time Fitness 9am Cardio Sculpt 6pm Bionic Burn 7:30pm Zumba	11 5:10am Power Mix 6pm Yoga	12 8:30am Cardio Sculpt - NEW time!*	13 10am Zumba
14	15 7:30am Prime Time Fitness 9am Cardio Sculpt 6pm Bionic Burn 7:30pm Zumba	16 5:10am Power Mix 5pm Yoga	17 7:30am Prime Time Fitness 9am Cardio Sculpt 6pm Bionic Burn 7:30pm Zumba	18 5:10am Power Mix 6pm Yoga	19 8:30am Cardio Sculpt	20 9am Yoga
21	22 7:30am Prime Time Fitness 9am Cardio Sculpt 6pm Bionic Burn 7:30pm Zumba	23 5:10am Power Mix 5pm Yoga	24 7:30am Prime Time Fitness 9am Cardio Sculpt 6pm Bionic Burn - last day! 7:30pm Zumba	25 5:10am Power Mix - last day! 6pm Yoga	26 8:30am Cardio Sculpt	27 <i>RCC Open 7am - 12pm</i>
28 <i>RCC Closed</i>	29 <i>RCC Closed</i> Memorial Day	30 5pm Yoga Summer hours begin! RCC Closes at 8pm	31 7:30am Prime Time Fitness 9am Cardio Sculpt 7pm Zumba - NEW time!*	<ul style="list-style-type: none"> • *Class time changes: Cardio Sculpt on <u>Fridays</u> will start at 8:30am beginning May 12th. Zumba will be at 7pm starting Wed, May 31st to accommodate our summer hours. • 6pm Bionic Burn and 5:10am Early Morning Power Mix will be discontinued during the summer months. • Summer hours (May 30 - Sept 3): Mon-Fri 5am - 8pm, Sat 7am - 12pm, Sun 4pm - 9pm • RCC Fieldhouse is closed Fri & Sat, June 2nd & 3rd for Graduation. 		