


# JULY 2017

**Rockford Community Center**  
 7600 County Rd 50  
 Rockford, MN 55373  
 763-477-5294  
 rccemail@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
<p align="center"><b>ANNOUNCEMENTS!</b></p> <ul style="list-style-type: none"> <li>RCC is closed from July 2nd thru July 8th for annual deep cleaning and maintenance. Outdoor track &amp; tennis courts will still be open (closed July 4).</li> <li>*Mon. July 17, 2-HR YOGA WORKSHOP: YOGA FOR STRESS RELIEF - learn how yoga can help diminish mental and physical pain caused by stress; <b>registration required (\$15 fee)</b>—sign up online or at the RCC front desk.</li> </ul>						1 9am Yoga
2	3	4 Happy 4th of July!	5	6	7	8
 <p><b>RCC CLOSED July 2 - July 8</b></p>						
9	10 7:30am Prime Time Fitness 7pm Zumba	11 5pm Yoga	12 7:30am Prime Time Fitness 7pm Zumba	13 6pm Yoga	14	15
16	17 7:30am Prime Time Fitness 9am Cardio Sculpt 7pm Zumba  *6-8pm Yoga workshop!	18 5pm Yoga	19 7:30am Prime Time Fitness 9am Cardio Sculpt 7pm Zumba	20 6pm Yoga	21 8:30am Cardio Sculpt	22 9am Yoga 10am Zumba
23	24 7:30am Prime Time Fitness 9am Cardio Sculpt 7pm Zumba	25 5pm Yoga	26 7:30am Prime Time Fitness 9am Cardio Sculpt 7pm Zumba	27 6pm Yoga	28 8:30am Cardio Sculpt	29
30	31 7:30am Prime Time Fitness 9am Cardio Sculpt 7pm Zumba					