

SEPTEMBER 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
<p align="center"><u>Announcements</u></p> <ul style="list-style-type: none"> Now hiring! We are seeking group fitness instructors to lead early morning and/or evening classes. Interested candidates should contact Melissa Joseph (763-477-4563, josephm@rockford.k12.mn.us). Labor Day weekend: RCC is closed Sun/Mon, Sept 3 & 4. MEA weekend (Thurs. Oct 19 - Sun. Oct 22): Rocket Power Center (fitness room) closed Thurs & Fri; fieldhouse will be open. RCC closed Sat & Sun. 					<p>1 8:30am Cardio Sculpt RCC Closes at 8pm</p>	<p>2 RCC Open 7am - 12pm</p>
<p>3 RCC Closed</p>	<p>4 RCC Closed</p>	<p>5pm Yoga Fall Hours Begin 1st Day of School (RMS & RHS)</p>	<p>6 7:30am Prime Time Fitness 9am Cardio Sculpt 7:30pm Zumba</p>	<p>7 6pm Yoga 1st Day of School (REAMS)</p>	<p>8 8:30am Cardio Sculpt</p>	<p>9 9am Yoga 10am Zumba</p>
<p>10</p>	<p>11 7:30am Prime Time Fitness 9am Cardio Sculpt 7:30pm Zumba</p>	<p>12 5pm Yoga</p>	<p>13 7:30am Prime Time Fitness 9am Cardio Sculpt 7:30pm Zumba</p>	<p>14 6pm Yoga</p>	<p>15 8:30am Cardio Sculpt</p>	<p>16</p>
<p>17</p>	<p>18 7:30am Prime Time Fitness 9am Cardio Sculpt 7:30pm Zumba</p>	<p>19 5pm Yoga</p>	<p>20 7:30am Prime Time Fitness 9am Cardio Sculpt 7:30pm Zumba</p>	<p>21 6pm Yoga</p>	<p>22 8:30am Cardio Sculpt Homecoming!</p>	<p>23 9am Yoga 10am Zumba</p>
<p>24</p>	<p>25 7:30am Prime Time Fitness 9am Cardio Sculpt 7:30pm Zumba</p>	<p>26 5pm Yoga</p>	<p>27 7:30am Prime Time Fitness 9am Cardio Sculpt 7:30pm Zumba</p>	<p>28 6pm Yoga</p>	<p>29 8:30am Cardio Sculpt</p>	<p>30</p>