

Club Rocky Fitness Center
406-657-1035
rocky.edu/fitnesscenter
Subject to Change without Notice

Club Hours

Monday - Friday - 6:00 am - 8:00 pm
Saturday - 8:00 am - Noon
Sunday - Noon - 5:00 pm

Winter Break Hours (Last 2 weeks of December)

Monday - Friday 8:00 am - 5:00 pm
Saturday - Closed
Sunday - Closed

SCHEDULED CLOSURES

New Years Eve
New Years Day
Martin Luther King Day
Easter Weekend (Friday - Monday)
RMC Baccalaureate
RMC Commencement
Memorial Day Weekend (Saturday - Monday)
Independence Day
Labor Day Weekend (Saturday - Monday)
Thanksgiving Weekend (Thursday - Sunday)
Christmas Eve
Christmas Day

**CLOSED during all Home RMC football games & 2-hours before the start of any home RMC basketball or volleyball games.
For the full athletics schedule please go online to <https://gobattlinbears.com/>*

Group Fitness Schedule (August - April)

Monday/Wednesday/Friday (60 minute classes)
Therapeutic Swim - 10:00 - 11:00 am
Tuesday/Thursday (60 minute classes)
Water Aerobics/Wellness 10:00 - 11:00 am
Monday - Friday
Core and More - 8:00 - 9:00 am
Fitness for Life Express - 12:00 - 12:45 pm
Fitness Bootcamp - 4:45 - 5:30 pm

Group Fitness Schedule (May - July)

Monday/Wednesday/Friday
Therapeutic Swim - 9:00 - 9:45 am
Monday - Friday
Core and More - 8:00 - 8:45 am
Fitness for Life Express - 12:00 - 12:45 pm

Swimming Pool Hours (August - April)

Lap Swim

Monday - Friday - 6:30 - 8:00 am

Monday - Friday - Noon - 1:00 pm

Open Swim

Saturday - 10:00 am - Noon

Swimming Lessons - REGISTRATION REQUIRED

Mondays/Wednesdays

Level 1-6 (4yr+) - 6:00 - 6:40 pm

Sundays

Level 1-6 (4yr+) - 1:00 - 1:40 pm

Level 1-6 (4yr+) - 2:00 - 2:40 pm

Parent/Child (6mo-3yr) - 3:00 - 3:30 pm

Adult - 3:30 - 4:30 pm

BAC & High School Practice (CLOSED TO PUBLIC) - Last week of August - June

Monday, Wednesday, Friday - 5:30 - 6:30 am

Monday & Wednesday - 3:30 - 5:30 pm & 7:00 - 8:30 pm (dryland training 5:30 - 7:00 pm)

Tuesday & Thursday - 3:30 - 8:30 pm

Friday - 3:30 - 5:30 pm

Saturday - 7:00 - 9:00 am

Swimming Pool Hours (May - July)

Lap Swim

Monday - Friday - 6:30 - 8:00 am

Monday - Friday - Noon - 1:00 pm

Open Swim

Saturday - 10:00 am - Noon

Swimming Lessons - REGISTRATION REQUIRED

Monday - Thursday

Level 1-6 (4yr+) - 10:00 - 10:40 am

Level 1-6 (4yr+) - 11:00 - 11:40 am

Level 1-6 (4yr+) - 1:00 - 1:40 pm

Level 1-6 (4yr+) - 2:00 - 2:40 pm

Mondays/Wednesdays

Level 1-6 (4yr+) - 6:00 - 6:40 pm

Sundays

Level 1-6 (4yr+) - 1:00 - 1:40 pm

Level 1-6 (4yr+) - 2:00 - 2:40 pm

Parent/Child (6mo-3yr) - 3:00 - 3:30 pm

Adult - 3:30 - 4:30 pm

BAC & High School Practice (CLOSED TO PUBLIC)

Monday - Thursday - 7:00 - 8:30 pm (June - August)