

Club Rocky Fitness Center

406-657-1035

rocky.edu/fitnesscenter

Subject to Change without Notice

Club Rocky is open to all RMC students and employees as well as community members with memberships. To register for a membership please go online to www.rocky.edu/fortinfitness

Club Hours

Monday - Friday - 6:00 am - 8:30 pm (*Friday close at 5:30pm*)

Saturday - 7:00 am - Noon

Sunday - Noon - 5:00 pm

Pool Hours

Lap Swim

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

Monday - Friday - Noon - 1:00 pm

Open Swim

Saturday - 10:00 am - Noon

Winter Break Hours (Last 2 weeks of December)

Monday - Friday 8:00 am - 5:00 pm*

Saturday - Closed

Sunday - Closed

***No group fitness offerings**

GROUP FITNESS SCHEDULE

September - May

Monday/Wednesday/Friday

Therapeutic Swim - 10:00 - 11:00 am

Tuesday/Thursday

Water Aerobics/Wellness - 10:00 - 11:00 am

Pickleball - 6:00 - 7:00 pm

Monday - Friday

Core and More - 8:00 - 8:45 am

Fitness for Life Express - 12:00 - 12:45 pm

Fitness for Life Express - 4:30 - 5:15 pm (ON DEMAND - PLEASE CALL)

Pickleball - 1:00 - 2:00 pm

June - August

Monday/Wednesday/Friday

Therapeutic Swim - 9:00 - 9:45 am

Tuesday/Thursday

Water Aerobics/Wellness - 9:00 - 9:45 am

Monday - Friday

Core and More - 8:00 - 8:45 am

Fitness for Life Express - 12:00 - 12:45 pm

SCHEDULED CLOSURES

New Years Eve

New Years Day

Martin Luther King Day

Easter Weekend (Friday - Monday)

Bear Bash

RMC Baccalaureate

RMC Commencement

Memorial Day Weekend (Saturday - Monday)

Independence Day

Labor Day Weekend (Saturday - Monday)

Black Tie Blue Jeans

Thanksgiving Weekend (Thursday - Sunday)

Christmas Eve

Christmas Day

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

SWIM LESSON SCHEDULE [REGISTRATION REQUIRED](#)

September - May

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

June - August

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