

**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](http://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 - 9:30 - 10:30 am  
Tuesday/Thursday  
Water Aerobics/Wellness - 9:30 - 10:30 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

**SCHEDULED CLOSURES**

New Years Eve & New Years Day\*  
Martin Luther King Day  
Easter Weekend (Friday - Monday)  
RMC Bear Bash  
RMC Baccalaureate  
RMC Commencement  
Memorial Day Weekend (Saturday - Monday)  
Independence Day\*  
Labor Day Weekend (Saturday - Monday)  
RMC Black Tie Blue Jeans  
Thanksgiving Weekend (Thursday - Sunday)  
December 24 - 26\*

\*Sat & Sun included if falls on Friday or Monday

***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