



Fall 2025

# Group Exercise



**THEROC**  
FITNESS CENTER

# am classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>REV &amp; FLOW</b> 8:30-9:20 <i>Amber</i>	
<b>HIIT</b> 9:00-9:40 <i>Sage</i>	<b>BOOM™ MUSCLE</b> 9:00-9:50 <i>Cyndi</i>	<b>HIIT</b> 9:00-9:40 <i>Sage</i>	<b>BOOM™ MUSCLE</b> 9:00-9:50 <i>Cyndi</i>	<b>REFIT®</b> 9:30-10:15 <i>Julie</i>	
<b>PRAISEMOVES</b> 10:00-10:50 <i>Carmen</i>				<b>CHAIR FITNESS</b> 10:30-11:30 <i>Debbie</i>	
<b>CHAIR FITNESS</b> 11:30-12:30PM <i>Debbie</i>	<b>SILVER SNEAKERS (CARDIO FIT)</b> 11:30-12:30PM <i>Cyndi</i>	<b>CHAIR FITNESS</b> 11:30-12:30PM <i>Debbie</i>	<b>SILVER SNEAKERS (CARDIO FIT)</b> 11:30-12:30PM <i>Cyndi</i>		

# pm classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LINE DANCING</b> 5:00-6:30 <i>Curtis</i>					

Any questions? Contact Bernard Wesley at [bernard.wesley@connectionpoint.tv](mailto:bernard.wesley@connectionpoint.tv) or 816-268-1527.

**We are now offering  
punch cards. Grab  
one for a friend.**



**THEROC**  
FITNESS CENTER

**6 classes  
for only  
\$25**



# class descriptions

You must be 16 to participate in a group exercise class without an adult. Anyone younger than 16 may participate only when accompanied by an adult and given permission by the instructor of each individual class.

## 10 Rounds XPC

A fat burning, muscle toning, extreme power circuit that mixes boxing, kickboxing, TRX, cardio, core, and weights. As you maneuver your way through 10 rounds, you'll kick, punch, squat, and more for 2.5 minutes at each station.

## Boom™ Muscle

Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

## Modern Western Line Dancing

Learn how to line dance by following specific choreography and repeated dance steps to a wide variety of music. There are many benefits to line dancing – such as aiding in flexibility and balance, muscle toning and coordination, helps with memory and mental fitness and reduces stress and increases energy levels. Dancing is a low impact exercise that exercises the mind and body at the same time. Dancing also allows you to interact socially and make new friends and keep in touch with old friends.

## PraiseMoves

This class is for all fitness levels, offering a Stretch style workout for the mind, body, and spirit! It is a yoga alternative, combining powerful stretching and meditating on the Word of God by utilizing scripture (1 Corinthians 6:19) – all done to motivational and inspirational Christian music.

## ReFIT®

EXPERIENCE FITNESS + BUILD COMMUNITY + MAKE IMPACT  
REFIT® is a dance-based cardio format that combines powerful moves with uplifting music to create a "more than fitness" experience. A variety of rockin', value-infused music styles will get your heart pumping and your mood lifted! Cardio, toning, and flexibility combine to form a class appropriate for all ages, shapes, and sizes. Moves can easily be modified to meet the needs of any fitness level- from beginner to enthusiast. Join us for this inspiring MIND+BODY+SOUL+SPIRIT workout!

## Strength

This body sculpting and muscle chiseling class will guarantee a change in how you feel about your body, while expanding on your bodies functional movement abilities. Using weighted bars and dumbbells, this class is the powerhouse through to fitness. We will work with pre-meditated precision in all the major muscle groups using traditional exercise motivated by inspirational music.

## HIIT

Looking for a total body workout? HIIT incorporates full-body, compound exercises, typically bodyweight exercises only, which are done in short, intense bursts, at nearly one hundred percent of your max effort, followed by short, sometimes active rest.

## SENIOR ADULT EXERCISE PROGRAMS

It's never too late to start exercising. Active lifestyles are important for maintaining health as well as quality of life. Moreover, exercise can benefit older adults mentally as well as physically. Moderate exercise can help alleviate stress and potentially reduce feelings of depression. Additionally, regular exercise may be able to improve mental function. Some studies have found regular exercise contributes to improvements when quickly shifting between tasks as well as planning an activity. Furthermore, doctors recommend weight-bearing, flexibility, and resistance exercise for those who suffer from osteoporosis.

### ChairFitness Class

This class utilizes hand weights and upbeat music to offer a great cardio/muscle workout for our senior adults. It is especially ideal for those with limited mobility or other physical limitations that demand a non-impact workout or a workout from a seated position

### SilverSneakers FitnessProgram

SilverSneakers is a fun exercise program designed exclusively for older adults. It is a fitness benefit found in many leading Medicare insurance plans. The program helps older adults pursue fitness goals on their own terms. SilverSneakers provides guidance as well as convenient group exercise classes to help older adults improve general fitness, strength, flexibility, and walking ability. The program's social events can also help you find new friends who also want to pursue an active lifestyle like you.



Any questions or concerns, contact  
Fitness Director **Bernard Wesley** at  
[bernard.wesley@connectionpoint.tv](mailto:bernard.wesley@connectionpoint.tv)  
or 816-268-1527.





**FITNESS CENTER  
HOURS OF  
OPERATION:**

**Monday-Friday**  
5:30am-9:00pm

**Saturday**  
7:00am-3:00pm

**FITNESS CENTER FEES**

**Individual**

Enrollment: \$35  
Per Month\*: \$27  
Annual\*\*: \$270

**Family**

Enrollment: \$35  
Per Month\*: \$41  
Annual\*\*: \$410

**Church Members**

Enrollment: Free  
Walking Track: Free  
Individual Per Month: \$12.50  
Family Per Month: \$19.50

**Walking Track Only**

Enrollment: Free  
Per Month\*: \$7  
Annual: \$84

**Personal Training**

Private Session: \$40  
5-Session Package: \$150  
Small Group Session– 2-on-1:  
\$50 (\$25 per person)

**Day Pass**

\$8 per day  
*Day Pass includes access to the cardio area, the weight room, the walking track, the basketball courts, and all group exercise classes for day pass was purchased.*

*\* Members who choose to pay their membership fee on a monthly basis may pay via automatic draft from checking, savings, or credit card each month. This payment will be set up upon enrollment. No cash accounts allowed.*

*\*\* Members who pay annually will pay a discounted rate, which is like getting two months membership free.*

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[www.rocfitnesscenter.org](http://www.rocfitnesscenter.org)