



Fall 2026

Group Exercise



THEROC
FITNESS CENTER

am classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				REV & FLOW 8:30-9:20 <i>Amber</i>	
AEROBIC DANCE 9:30-10:20 <i>Dianne</i>	BOOM™ MUSCLE 9:00-9:50 <i>Cyndi</i>	REFIT® 9:30-10:20 <i>Cynthia</i>	BOOM™ MUSCLE 9:00-9:50 <i>Cyndi</i>	REFIT® 9:30-10:15 <i>Cina</i>	
SEATED CORE 10:30-11:00 <i>Dianne</i>		PRAISEMOVES 10:30-11:20 <i>Carmen</i>		CHAIR FITNESS 10:30-11:30 <i>Debbie</i>	
CHAIR FITNESS 11:30-12:30PM <i>Debbie</i>	SILVER SNEAKERS (CARDIO FIT) 11:30-12:30PM <i>Cyndi</i>	CHAIR FITNESS 11:30-12:30PM <i>Debbie</i>	SILVER SNEAKERS (CARDIO FIT) 11:30-12:30PM <i>Cyndi</i>		

pm classes

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

Any questions? Contact Bernard Wesley at 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.

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.

Dance Aerobics

Get moving, have fun, and improve your fitness with this low-impact dance cardio class! Dance Aerobics combines easy-to-follow dance movements with rhythmic cardio exercises to help improve cardiovascular endurance, coordination, balance, and mobility. The continuous, gentle movement may also support healthy circulation and lymphatic flow. No jumping or high-impact movements, making this a great option for participants looking for an effective workout with less stress on the joints.

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!

REV and Flow

Rev up the heat and burn, baby, burn. This class dials down the pace and cranks up the intensity by connecting strength, balance, and flexibility. Repetitive movements and empowering rhythms are paired to work your entire body. So you can expect to get strong and lean from head to toe...and leave renewed from the inside out.

Seated Core

Strengthen your core while improving stability, posture, balance, and body awareness in this accessible seated fitness class. Seated Core uses controlled movements and exercises designed to engage the abdominal and supporting muscles while minimizing strain on the back and joints. This class is a great option for anyone who wants to improve core strength and stability in a comfortable, low-impact environment.

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
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.*

10500 E 350 Highway | Raytown, MO 64138
www.rocfitnesscenter.org