



Winter2022

# Group Exercise



**THEROC**  
FITNESS CENTER

am classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>REV &amp; FLOW</b> 8:30-9:20 <i>Cina &amp; Julie</i>	<b>FIGHT</b> 8:30-9:15 <i>Bryan</i>
	<b>BOOM™ MUSCLE</b> 9:00-9:50 <i>Cyndi</i>	<b>SILVER SNEAKERS</b> <b>ENERCHI</b> 9:00-9:50 <i>Cyndi</i>	<b>BOOM™ MUSCLE</b> 9:00-9:50 <i>Cyndi</i>		
<b>STEP</b> 9:30-10:15 <i>Jackie</i>		<b>REFIT®</b> 9:30-10:15 <i>Kristen</i>		<b>REFIT®</b> 9:30-10:15 <i>Cina &amp; Julie</i>	<b>10 ROUNDS XPC</b> 9:30-10:15 <i>Bryan</i>
	<b>PRAISE BARRE</b> 10:30-11:20 <i>Carmen</i>	<b>STRETCH</b> 10:30-11:20 <i>Kristen</i>		<b>SILVER SNEAKERS</b> 10:30-11:30 <i>Debbie</i>	
<b>CHAIR FITNESS</b> 11:30-12:30PM <i>Debbie</i>	<b>SILVER SNEAKERS</b> <b>(CARDIO FIT)</b> 11:30-12:30PM <i>Cyndi</i>	<b>CHAIR FITNESS</b> 11:30-12:30PM <i>Debbie</i>	<b>SILVER SNEAKERS</b> <b>(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>					
	<b>10 ROUNDS XPC</b> 6:00-6:45 <i>Patrick</i>			<b>LINE DANCING - \$5</b> (2nd Friday of each month) <b>6:30-8:30</b> <i>Curtis</i>	

Any questions or changes, contact Bernard Wesley at [bernard@connectionpoint.tv](mailto:bernard@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.

## Fight

Fight is our kickboxing with a spiritual warfare flare. With music by some of our top contemporary artists, we encourage you to come to class with whatever the enemy has challenged you with and leave it on the floor! Fight it out with a great combination of choreographed high impact taekwondo and kickboxing movements! (Ephesians 6:12)

## 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.

## PraiseBarre

PraiseBarre is a fusion of PraiseMoves and Barre exercise that not only demands strength and endurance, but also balance, form and stretching. The moves are high intensity movement with low impact that follows the 7 Hebrew words for praise found in the Bible.

## 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!

## Step

Step aerobics is an energizing workout using a height-adjustable step and simple movements on, over and around it. Tone your lower body, build stamina and increase endurance in this fast-paced session!

## 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.

## SilverSneakers EnerChi

A low impact, joint friendly activity using modified tai chi to connect your body and mind with purposeful movement to increase strength and balance.

Regular participation in SilverSneakers has been documented to help older adults increase strength, balance, and endurance.

SilverSneakers is provided by a third party partner, Healthways, Inc., contracted with health plans offering the benefit.



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



**FITNESS CENTER  
HOURS OF  
OPERATION:**

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

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

10500 E 350 Highway | Raytown, MO 64138  
[www.rocfitnesscenter.org](http://www.rocfitnesscenter.org)