

What goes on at the ROC?



Upward Basketball

Thank you so much for your interest in our recreational activities here at the ROC. Inside this brochure you will find information about our facilities, day-to-day activities, and special events. Becoming a member is easy and we have a bundle of amenities to help you get going. We have a full size basketball gym with a balcony style walking track; a cardiovascular area with different style bike machines, elliptical machines, and a step machine; a weight room equipped with 13 nautilus workout stations and hand dumbbell weights; game areas with a pool table, bumper pool table, foos ball table, air hockey table, a ping pong table, and a X-box gaming system; and a snack and sitting area. Activities for everyone are going on all the time, providing great opportunities to begin or further a relationship with Jesus Christ and to meet and fellowship with other Christ followers. We would love to hear from you and get you started. Also, if you have any questions or suggestions, please feel free to contact us. Thanks again, and we hope to see you soon at the ROC.

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Fitness Classes

A variety of fitness classes are offered at the ROC to keep your mind and body fit. Sessions are 8 weeks long and cost \$20. Childcare is available for \$15 dollars a session.



Step aerobics in the gym

Grunt & Groan Men's Basketball

Basketball at 6a.m.! A great way to have fun and enjoy fellowship and the game of basketball. This group meets every Monday, Wednesday, & Friday morning.



Walk across Alabama

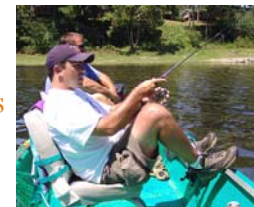
Walk Across Alabama

Want to walk or track with a fun goal in mind. We've mapped out a 450 mile trek and we will keep track of your progress on this amazing journey. Alabama not enough? Try the whole country. Many have already begun to walk

across America!

Outdoor Activities

Outdoor activities are going on all year round. From our wildlife expo here at the ROC, to hunting retreats and bass fishing tournaments, if you are an outdoorsman we have an event you can get excited about. ROC membership is not necessary to join in on these great activities.



Gone fishing



Upward Sports



Upward is a wonderful opportunity for children to play sports in a Christian environment. This program began with basketball but will now, in coordination with area churches, offer flag football and baseball.

Membership Information

Walking, Community, and Student Memberships are available. All memberships can utilize the track and cardio-equipment. Community and Student memberships can use the entire facility. Memberships last for one year from the day you register. All memberships have a one time \$5 fee for a membership badge. Prices are as follows:

Walking: \$35 + \$5 one time badge fee

Community: \$150 + \$5 one time badge fee

Student: \$75 + \$5 one time badge fee

First Baptist Members: \$5 badge fee only

ROC Hours

Mon, Tue, Thu, Fri	6:00 am until 9:00 pm
Wed	6:00 am until 4:30 pm
Sat	8:00 am until 6:00 pm

RECREATION OUTREACH
C E N T E R
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