



MEMORIAL HEALTH SYSTEM

Impact Sports and Fitness

ABILENE  Salina Regional Health Center

March 6th - 31st

No classes the week of March 13th

TIME	Mon	Tue	Wed	Thu	Fri
5:00am				Quick Spin w/ Maurice	
5:30am			Boxmaster w/ Maurice		
8:00am		Fun w/ Anita		Fun w/ Anita	
3:00pm		Parkinson's w/ Alecia			
3:30pm				Parkinson's w/ Alecia	
4:45pm		Boxmaster w/ Maurice			
5:15pm	Boxmaster w/ Alecia				
5:30pm	Spin w/ Laurol			HITT w/ Alecia	

Circuit			
Fun	8:00am	T/Th	<p>Come and be surprised you might be faced with resistances bands, TRX, or even medicine balls!</p> <p>COST: 1X a week \$21.00 non \$10.50 Member</p> <p>Cost: 2x a week \$42.00 non \$21.00 member</p>
HITT	5:30 pm	TH	<p>High Intensity Interval Training. Best form of workout when training to burn those calories and get the heart rate up!</p> <p>COST: 1X a week \$21.00 non \$10.50 Member</p>
Boxmaster Circuit	4:45 PM 5:30 AM 5:15PM	T/TH W	<p>High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster .</p> <p>Cost: \$30.00 non \$15.00 member</p>
LETS SLOW THINGS DOWN			
Parkinson's Box	3:30 PM 3:00PM	T/TH	<p>Improve Flexibility and range of motion.</p> <p>Improves Posture, gait, strength and balance</p> <p>Cost 2x a week \$60.00 non \$30.00 member</p>
Spin			
Quick Spin	5:30 PM 5:00 AM	M TH	<p>Jump on one of our indoor bikes to get your sweat on</p> <p>Cost: \$30.00 non \$15.00 member</p>