

NOVEMBER 2023

# The Bench Press

Newsletter of  
Impact Sports and Fitness

## Klotzbach Competes in Ironman Triathlon

Impact Sports and Fitness member, Barb Klotzbach, who is 69, recently competed in the “Ironman 70.3 Muncie” triathlon in Muncie, Indiana on September 30th. A 70.3 triathlon is a shorter total distance than a full triathlon, consisting of a 1.2-mile swim, a 56-mile bike ride, and a 13.1-mile run. “Team Barb” consisted of support from AnnMarie Schwarting, also a member of Impact Sports and Fitness. Barb completed the swim and the bike ride, but was unable to complete the run portion due to illness. Way to go Barb! Barb has participated in other triathlon events and finished. All of us at Impact Sports and Fitness are very proud of you and your accomplishments! You are an inspiration to many.

*\*Photo credit: AnnMarie Schwarting*



**A REMINDER:**

**\* NOTICE \***

Price changes effective October 1, 2023

**DAY PASSES: \$5 with member;  
\$10 non-member**

**ALL CLASSES: \$5 member;  
\$10 non-member  
(excludes MixxedFit—\$5 for all)**



### Impact's Hours of Operation

Mon.—Thurs. 4 am—9 pm  
Fri. 4 am—7 pm

Weekend Hours Apr. 1—Sept. 30:  
Sat. 7 am—12 pm  
Sun. CLOSED

Weekend Hours Oct. 1—Mar. 31:  
Sat. 7 am—12 pm  
Sun. 2 pm—5 pm

**Closed on major holidays**



**MEMORIAL HEALTH SYSTEM**  
Impact Sports and Fitness

**ABILENE** Salina Regional Health Center

**418 N. Broadway  
Abilene, KS 67410**

**mhsks.org/impact  
785-263-3888**



### Patrons of Impact Sports and Fitness...

For business/accounting purposes of Impact Sports and Fitness, it is **mandatory** that we receive payment for classes in the same month they are provided. Therefore, it is necessary for us to collect payment either in advance, when signing up for a class, or paying the day of the class. If you are a regular attendee of one or several classes, you can pay in advance when you sign up. If your schedule only allows for "hit and miss" attendance, simply bring \$5 (for members), \$10 (non members), with you each time you are able to attend.

We appreciate each of you and what you add to make this facility a special place to workout and socialize at.

**Thank you!**  
Impact Sports and Fitness Management



Still looking!  
Help us spread  
the word.

**We are looking  
for a new team  
member!**



**CERTIFIED**

**MASSAGE THERAPIST**

**at Impact Sports and Fitness**

For more information, email [alarson@mhsks.org](mailto:alarson@mhsks.org)  
or call Anita at 785-263-3888

**CLASS #2  
IS IN!**



EXERCISE  
101

**F  
R  
E  
E**

**LEARN HOW TO USE THE MACHINES  
PROPERLY, DURING A QUESTION  
AND ANSWER SESSION WITH ANITA  
LARSON, IMPACT SPORTS AND  
FITNESS MANAGER AND TRAINER**

**Monday, November 6th**

**5:15 p.m. to 5:45 p.m.**

## NOVEMBER CLASS SCHEDULE ( 10/30 — 11/17 )

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			Boxmaster (w/ Maurice)	Spin (w/ Maurice)		
6:00am					Bleacher (w/ Alecia)	
8:00am		Fun (w/ Anita)		Fun (w/ Anita)		
9:00am						
9:30am						
3:00pm		Parkinson's Program Boxmaster (w/ Alecia)				
3:30pm				Parkinson's Program Boxmaster (w/ Alecia)		
4:15pm				Bootcamp (w/ Alecia)		
4:45pm		Boxmaster (w/ Maurice)		Boxmaster (w/ Alecia)		
5:15pm	Boxmaster (w/ Alecia)					
5:30pm	Spin (w/ Maurice)			HITT (w/ Alecia)		
6:00pm	Core/Pilates (w/ Carisa)					
6:30pm	MixedFit (w/ Carisa)			MixedFit (w/ Carisa)		

Fun	8:00am	T/TH	Come and be surprised! You might be faced with resistances bands, TRX, or even medicine balls! <b>1X a week, monthly: \$15.00 member \$30.00 non</b> <b>2x a week, monthly: \$30.00 member \$60.00 non</b>
Bootcamp	4:30pm	T	A full-body workout designed for people of ALL fitness levels.
HIIT	5:30pm	TH	High Intensity Interval Training. Best form of workout when training to burn those calories and get the heart rate up! <b>1X a week, monthly: \$15.00 member \$30.00 non</b>
Bleacher	6:00am	F	<b>Meet at rodeo stadium in Abilene</b> <b>Monthly: \$20.00 member \$40.00 non</b>
Boxmaster	4:45pm 5:30am 5:15pm	T/TH W M	High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster. <b>Monthly: \$15.00 member \$30.00 non</b>
Parkinson's Program Boxmaster	3:00pm 3:30pm	T TH	Improve flexibility and range of motion. Improves posture, gait, strength and balance. <b>1x a week, monthly: \$15.00 member \$30.00 non</b> <b>2x a week, monthly: \$30.00 member \$60.00 non</b>
Spin	5:30pm 5:00am	M TH	Jump on one of our indoor bikes to get your sweat on. <b>Monthly: \$15.00 member \$30.00 non</b>
Core/Pilates	6:00pm	M	Mat workout with emphasis on core and stabilization muscles. <b>1x a week, monthly: \$15.00 member \$30.00 non</b>
MixedFit	6:30pm	M/TH	Aerobic dance class that is easy to follow – for ALL fitness levels. <b>Drop-in rate: \$5 per class for all</b>

\*\*\*PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.