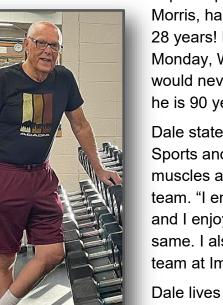
#### **DECEMBER 2023**

# Get to Know Dale Morris, Impact Sports and Fitness Member

#### Newsletter of Impact Sports and Fitness

The Bench Press



Impact Sports and Fitness member, Dale Morris, has been coming to the facility for 28 years! He tries to work out every Monday, Wednesday, and Friday. You would never know by looking at him that he is 90 years of age.

Dale states that he comes to Impact Sports and Fitness to keep his body's muscles and bones working together as a team. "I enjoy feeling health excellence, and I enjoy the people who enjoy the same. I also enjoy the great management team at Impact," said Dale.

Dale lives in Abilene and is originally from Topeka. When he isn't exercising at Impact Sports and Fitness, Dale enjoys reading, listening to music, taking a nap, and thinking good thoughts.

Thank you Dale for bringing your humor and smile to everyone who is part of the Impact Sports and Fitness "family." You are an inspiration to many who see you and talk to you.

Impact Sports and Fitness offers a variety of services including personal training – with nationally certified trainers, group classes, and an array of strengthening and weight machines. We are a fitness center for all ages and levels of ability... it doesn't matter if you're a beginner, an athlete, or anywhere in between – you will feel right at home. Visit us online at: mhsks.org/impact, and follow us on Facebook and Instagram. Impact Sports and Fitness, your full-service fitness center in downtown Abilene.

# Merry Christmas

**Happy New Year** 

to you and your family, from all of us at Impact Sports and Fitness. We appreciate you being a part of our fitness family in downtown Abilene.





418 N. Broadway Abilene, KS 67410 mhsks.org/impact 785-263-3888





Preferred type of class: (circle one) Bootcamp, Boxmaster, HIIT, Fun (check schedule for class information. \*NO SPIN OR PARKINSON'S BOXMASTER CLASSES. For more information call: 785-263-3888

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

### CERTIFIED

# MASSAGE THERAPIST

#### at Impact Sports and Fitness

For more information, email alarson@mhsks.org or call Anita at 785-263-3888

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

Wednesday, December 6th

7:15 a.m. to 7:45 a.m.

				DEC	CEM	IBER	CLASS S	CHE		<u> </u>
TIME	Monday	Tuesday	Wednesday	Thursday Spin	Friday	Saturday	Fun	8:00am	т/тн	Come and be surprised – you will have FUN! You might be faced with resistances bands, TRX, or even medicine balls!
			Boxmaster	(w/ Maurice)						1X a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
5:30am			(w/ Maurice)				Bootcamp	4:15pm	тн	A full-body workout designed for people of ALL fitness levels.
6:00am							нит	5:30pm	тн	High Intensity Interval Training. Best form of workout when training to burn those calories and
8:00am		<b>Fun</b> (w/ Anita)		Fun (w/ Anita)				5.50pm		get the heart rate up!
										1X a week, monthly: \$20.00 member \$40.00 non
9:00am							Bleacher			On hold for the "colder" months.
9:30am							Boxmaster	4:45pm	т/тн	High energy class that allows you to move from full body movements while rotating through
3:00pm		Parkinson's Program						5:30pm	т	combinations on the Boxmaster.
		Boxmaster (w/ Alecia)						5:30am	W	Monthly: \$20.00 member \$40.00 non
		(W/ Alcold)		Parkinson's			Parkinson's Program	3:00pm	Т	Improve flexibility and range of motion.
3:30pm				Program Boxmaster (w/ Alecia)			Boxmaster	3:30pm	TH	Improves posture, gait, strength and balance. 1x a week, monthly: \$20.00 member \$40.00 non
				Bootcamp						2x a week, monthly: \$20.00 member \$40.00 non
4:15pm				(w/ Maurice)			Spin	5:30pm	м	Jump on one of our indoor bikes to get your sweat on.
4:45pm		Boxmaster (w/ Maurice)		Boxmaster (w/ Alecia)				5:00am	тн	Monthly: \$20.00 member \$40.00 non
5:15pm							MixxedFit	6:00pm	M/W	Aerobic dance class that is easy to follow – for ALL fitness levels.
	Spin	Boxmaster		нітт						Drop-in rate: \$5 per class for all
5:30pm	(w/ Maurice)	(w/ Alecia)		(w/ Alecia)						
6:00pm	MixxedFit (w/ Carisa)		MixxedFit (w/ Carisa)				***PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.			
<u> </u>										