

DECEMBER 2023

The Bench Press

Get to Know Dale Morris, Impact Sports and Fitness Member



Newsletter of Impact Sports and Fitness

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.**



**We will
be
closed
Sun.,
Dec. 24,
Mon.,
Dec. 25,
Sun.,
Dec. 31,
Mon.,
Jan. 1**

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**

IMPACT SPORTS & FITNESS WEIGHT LOSS CHALLENGE

2024 information

Female and Male DIVISIONS!

INCLUDED IN THE CONTEST:

Weekly group training sessions with a personal trainer. *Pick any class or classes available, for this challenge, at Impact

Weekly weigh-ins on Wednesdays at 7:00am or 7:00pm

Weekly emails with helpful tips

Any questions during your challenge journey, email: alarson@mhsks.org

*** Minimum of 30 *
participants needed
to hold the challenge**

PLUS CASH & CLASS PRIZES
for greatest
percentage of weight
lost in each division

Grand Prize: \$250 plus punch card for 10 classes

2nd Place: \$150 plus punch card for 10 classes

3rd Place: 20 class punch card
*punch card classes do not include the Spin class.

***MUST TAKE AT LEAST
ONE CLASS PER WEEK TO
BE ELIGIBLE FOR PRIZES.**

Contest Takes Place: January 8th - March 1st

Sign Up Deadline: January 2nd

Cost: \$80 for 8 weeks. Payment due at registration. No refunds.

How to Sign Up: Turn in registration form at: Impact Sports & Fitness - 418 N. Broadway, Abilene

Impact Sports & Fitness Weight Loss Challenge

Name: _____

Address: _____

Phone: (Home) _____ (Cell) _____ (Work) _____

Email Address: _____

Age: _____ Member of Impact Sports & Fitness: (circle one) Yes No

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

**CLASS #3
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**

Wednesday, December 6th

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

DECEMBER CLASS SCHEDULE (11/27 — 12/22)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00am				Spin (w/ Maurice)			Fun 8:00am T/TH Come and be surprised – you will have FUN! You might be faced with resistances bands, TRX, or even medicine balls! 1X a week, monthly: \$20.00 member \$40.00 non
5:30am			Boxmaster (w/ Maurice)				2x a week, monthly: \$40.00 member \$80.00 non
6:00am							Bootcamp 4:15pm TH A full-body workout designed for people of ALL fitness levels.
8:00am		Fun (w/ Anita)		Fun (w/ Anita)			HIIT 5:30pm TH High Intensity Interval Training. Best form of workout when training to burn those calories and 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 T/TH High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster.
3:00pm		Parkinson's Program Boxmaster (w/ Alecia)					5:30pm T Monthly: \$20.00 member \$40.00 non
3:30pm				Parkinson's Program Boxmaster (w/ Alecia)			Parkinson's Program Boxmaster 3:00pm T Improve flexibility and range of motion. Improves posture, gait, strength and balance. 1x a week, monthly: \$20.00 member \$40.00 non
4:15pm				Bootcamp (w/ Maurice)			2x a week, monthly: \$40.00 member \$80.00 non
4:45pm		Boxmaster (w/ Maurice)		Boxmaster (w/ Alecia)			Spin 5:30pm M Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
5:15pm							5:00am TH
5:30pm	Spin (w/ Maurice)	Boxmaster (w/ Alecia)		HIIT (w/ Alecia)			MixedFit 6:00pm M/W Aerobic dance class that is easy to follow – for ALL fitness levels. Drop-in rate: \$5 per class for all
6:00pm	MixedFit (w/ Carisa)		MixedFit (w/ Carisa)				

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