

JANUARY 2024

The Bench Press

Get to Know Joseph Christensen, Impact Sports and Fitness Member



Newsletter of Impact Sports and Fitness

Impact Sports and Fitness member, Joseph (Joe) Christensen, has been coming to the facility for 27 years! Joe had a heart attack in 1996. "Doctors said I need to do rehab cardio. I started in May of 1996, and I have been going back weekly ever since. I really like what it has done for me," said Joe. "There are great people at Impact, and it's a lot of fun...I always look forward to it. It's done a lot for my physical, mental, and spiritual being," Joe continued to say.

Joe is 78 years of age and lives in Abilene. He is originally from Slayton, Minnesota. He and his family moved to Abilene in 1972 when Joe took a job with the Santa Fe Railroad. When he isn't smiling and cracking jokes at Impact Sports and Fitness, Joe enjoys golfing, yardwork, walking, sports, and being outside.

Thank you Joe for being a part of the Impact Sports and Fitness "family." You always brighten up the place and inspire many to continue their fitness journey.

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.



MEMORIAL HEALTH SYSTEM
Impact Sports and Fitness

ABILENE Salina Regional Health Center



Follow us on
Facebook and
Instagram!



Online at:
caringforyou.org

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

The professional staff at Impact Sports and Fitness includes FIVE nationally certified personal trainers and group fitness instructors.

Whatever your goal is, Impact can help you reach it! To learn more, visit Impact Sports and Fitness online at: caringforyou.org

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

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

IMPACT SPORTS & FITNESS WEIGHT LOSS CHALLENGE

HAPPY NEW YEAR!

SIGNUP DEADLINE IS JANUARY 2nd!
GET IN ON THE CHALLENGE & FUN!
You COULD win \$\$\$ and classes.

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



MEMORIAL HEALTH SYSTEM
Impact Sports and Fitness
ABILENE Salinas Regional Health Center

Still looking!
**Please 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

or call Anita at 785-263-3888

JANUARY CLASS SCHEDULE (1/8 — 2/2)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am				Spin (w/ Maurice)		
5:30am			Boxmaster (w/ Maurice)			
6:00am						
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/ Maurice)		
4:45pm		Boxmaster (w/ Maurice)		Boxmaster (w/ Alecia)		
5:15pm						
5:30pm	Spin (w/ Maurice)	Boxmaster (w/ Alecia)		HITT (w/ Alecia)		
6:00pm	MixedFit (w/ Carisa)		MixedFit (w/ Carisa)			

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 2x a week, monthly: \$40.00 member \$80.00 non
Bootcamp	4:15pm	TH	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! 1X a week, monthly: \$20.00 member \$40.00 non <i>On hold for the "colder" months.</i>
Bleacher			
Boxmaster	4:45pm 5:30pm 5:30am	T/TH T W	High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster. Monthly: \$20.00 member \$40.00 non
Parkinson's Program Boxmaster	3:00pm 3:30pm	T TH	Improve flexibility and range of motion. Improves posture, gait, strength and balance. 1x a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
Spin	5:30pm 5:00am	M TH	Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
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

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