



MEMORIAL HEALTH SYSTEM

Impact Sports and Fitness

ABILENE  Salina Regional Health Center

February 5 – March 1

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						MixxedFit <i>*First Sat. of each month</i>
3:00pm		Parkinson's Program Boxmaster (w/ Alecia)				
3:30pm				Parkinson's Program Boxmaster (w/ Alecia)		
4:15pm						
4:45pm		Boxmaster (w/ Maurice)		Boxmaster (w/ Alecia)		
5:15pm						
5:30pm	Spin (w/ Maurice)	Boxmaster (w/ Alecia)		HITT (w/ Alecia)		
6:00pm	MixxedFit (w/ Carisa)		MixxedFit (w/ Carisa)			

Fun	8:00am	T/TH	Come and be surprised – you will have FUN! You might be faced with resistance 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
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
Bleacher			<i>On hold for the “colder” months.</i>
Boxmaster	4:45pm	T/TH	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
	5:30pm	T	
	5:30am	W	
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 2x a week, monthly: \$40.00 member \$80.00 non
	3:30pm	TH	
Spin	5:30pm	M	Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
	5:00am	TH	
MixxedFit	6:00pm	M/W	Aerobic dance class that is easy to follow – for ALL fitness levels. Drop-in rate: \$5 per class for all
	9:30am	S	

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