

FEBRUARY 2024

The Bench Press

Get to Know Nancy Gugler, Impact Sports and Fitness Member

Nancy Gugler, has been coming to Impact Sports and Fitness for over 10 years. She comes for personal training with, Mona Pflaster, Nationally Certified Trainer and Group Fitness Instructor at Impact Sports and Fitness.

When asked what she enjoys about coming to Impact Sports and Fitness, she stated, "I love the people here. My personal trainers are very knowledgeable and give me exercises tailored for me. There is something for everyone here."

Nancy is 85 years of age and is an Abilene native. When she isn't brightening up Impact Sports and Fitness with her smile, Nancy enjoys playing duplicate bridge, reading, and watching the television.

Thank you Nancy for being a part of the Impact Sports and Fitness "family." We appreciate you choosing us for your fitness routine.

Newsletter of
Impact Sports and Fitness



Nancy Gugler (left), Impact Sports and Fitness member, works with Mona Pflaster (right), Impact Sports and Fitness Nationally Certified Trainer and Group Fitness Instructor, using the stability ball to do wall squats.

**New Nationally
Certified Personal
Trainer and
Massage Therapist
at Impact Sports
and Fitness**



Mike Dreiling has joined the staff at Impact Sports and Fitness as a Massage Therapist and a Nationally Certified Personal Trainer. Get to know him better by reading the full story on our Facebook page or in a future issue of The Bench Press.

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**



Give the gift of health, fitness, and fun to your loved one. A gift certificate from Impact Sports and Fitness would make a wonderful gift for this Valentine's Day. It could be used towards a membership, classes, training, massage, or even protein powder for that person who works out.

HAPPY VALENTINE'S DAY

Impact Sports and Fitness Adds Personal Trainer

Impact Sports and Fitness in Abilene announces the addition of Danielle Ridder to the staff as a Nationally Certified Personal Trainer. Danielle is a familiar face to many patrons at the fitness facility because she works out there almost daily and has been a member for about four years.

“What began as a simple means to exercise and be strong has evolved into an absolute passion and lifestyle,” said Danielle. “I love seeing the friendly, familiar faces at Impact, and I have a heart for people. Impact Sports and Fitness is like an extended family, and I SO appreciate the friendly atmosphere! There is great equipment and machines to challenge all levels of fitness,” she continued.

Danielle’s passion for exercise made it an easy decision to join the staff at Impact Sports and Fitness. “I look forward to being a supportive, accountable trainer. My love for fitness and strength training, and my heart to help people reach their goals, is the perfect pairing! I cannot wait to see how this chapter grows and challenges myself to be the best I can in this field,” Danielle said.



Danielle is from Abilene and graduated from Chapman High School in the class of 2003. She is married to Scott and they have a son, Kylan, and two daughters, Locklynn and McKenna. In her spare time, in addition to being an avid fitness enthusiast, Danielle is a “thrift-aholic,” enjoys all things coffee, house decorating, and singing in her church’s worship team.

Impact Sports and Fitness is thrilled to add Danielle as a sixth Nationally Certified Personal Trainer to their staff of fitness professionals.

FEBRUARY CLASS SCHEDULE (2/5 — 3/1)

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						MixedFit * First Sat. of each month
3:00pm		Parkinson's Program Boxmaster (w/ Alecia)		Parkinson's Program Boxmaster (w/ Alecia)		
3:30pm						
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	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
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 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 9:30am	M/W S	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.