FEBRUARY 2024

The Bench Press

Get to Know Nancy Gugler, **Impact Sports and Fitness Member**

Newsletter of **Impact Sports and Fitness**

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.



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.



MEMORIAL HEALTH SYSTEM **Impact Sports and Fitness**

ABILENE Salina Regional Health Center

418 N. Broadway Abilene, KS 67410

mhsks.org/impact 785-263-3888

HAPPY VALENTINE'S DAY

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.

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.	ri. 4 am—7 pm							
Weekend Hours Apr. 1—Sept. 30:								
Sat.	at. 7 am—12 pm							
Sun.	CLOSED							
Weekend Hours Oct. 1—Mar. 31:								
Sat.	Sat. 7 am—12 pm							
Sun.	2 pm—5 pm							

Closed on major holidays

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, Kylen, 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.

Side Social (w/ Maurice) Spin Spin Sige						M O		rrva d	كالكلك		[2/5 - 3/1]
5:00am Image: Solution of the so	TIME	Monday	Tuesday	Wednesday		Friday	Saturday	Fun	8:00am	т/тн	Come and be surprised – you will have FUN! You might be faced with resistances bands, TRX, or
5:30am Image: Signam	5:00am										
Interval(w/ Maurice)(w/ Maurice)Interval <th< td=""><td>5:30am</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>2x a week, monthly: \$40.00 member \$80.00 non</td></th<>	5:30am										2x a week, monthly: \$40.00 member \$80.00 non
6:00am Fun (w/ Anta)				(w/ Maurice)							
8:00am Pun (w/ Anita) Pun (w/ Anita) Pun (w/ Anita) Pun (w/ Anita)	6:00am							нит	5:30pm	тн	
9:30am Parkinson's Program Boxmaster (w/Alecia) Parkinson's Program Boxmaster Parkinson's Program Boxmaster S:30pm T/TH S:30pm High energy class that allows you to move fro full body movements while rotating through combinations on the Boxmaster. 4:45pm (w/Alecia) Parkinson's (w/Alecia) Parkinson's Program Boxmaster 3:00pm T 3:30pm Improve flexibility and range of motion. 5:15pm Boxmaster (w/Alurice) Boxmaster (w/Alecia) Boxmaster (w/Alecia) MixxedFit 6:00pm M/W 3:30pm Areke, monthly: \$20.00 member \$40.00 2x a week, monthly: \$20.00 member \$40.00 non 5:30pm Spin 5:30pm MixxedFit 6:00pm M/W 3:30pm Areke, monthly: \$20.00 member \$40.00 non 6:00pm MixxedFit MixxedFit 6:00pm M/W Arekeis for all Arekeis for all	8:00am										1X a week, monthly: \$20.00 member \$40.00 non
9:30am Parkinson's Program Boxmaster (w/ Alecia) Parkinson's Program (w/ Alecia) Parkinson's Program Boxmaster (w/ Alecia) Boxmaster 4:45pm T/TH 5:30pm High energy class that allows you to move fro full body movements while rotating through combinations on the Boxmaster. 3:30pm Parkinson's Program Boxmaster (w/ Alecia) Parkinson's Program Boxmaster (w/ Alecia) Parkinson's Program Boxmaster Parkinson's Program Boxmaster Boxmaster 5:30pm W Monthly: \$20.00 member \$40.00 non Improve fite/ibility and range of motion. Improves posture, gait, strength and balance. Ix a week, monthly: \$20.00 member \$40.00 Zx a week, monthly: \$20.00 member \$40.00 non 4:45pm Boxmaster (w/ Alecia) (w/ Alecia) MixxedFit 6:00pm M/W Aerobic dance class that is easy to follow - for fitness levels. Drop-in rate: \$5 per class for all 5:30pm MixxedFit (w/ Alecia) MixxedFit (w/ Alecia) MixxedFit (w/ Alecia) MixxedFit (w/ Alecia) MixxedFit Box	9:00am							Bleacher		-	On hold for the "colder" months.
Statum Parkinson's Program Boxmaster (w/ Alecia) Parkinson's (w/ Alecia) Parkinson's (w/ Alecia) Boxmaster 4:45pm T/TH High energy class that allows you to move fro full body mements while rotating through combinations on the Boxmaster. 3:00pm Parkinson's (w/ Alecia) Parkinson's (w/ Alecia) Parkinson's Program Boxmaster (w/ Alecia) Parkinson's Program Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) Monthly: \$20.00 member \$40.00 non 4:45pm Boxmaster (w/ Alecia) Parkinson's Program Boxmaster 3:00pm T Improve flexibility and range of motion. 4:45pm Boxmaster (w/ Alecia)	0.20										
3:00pm Parkinson's Program Boxmaster (w/ Alecia) Parkinson's Program Boxmaster (w/ Alecia) 5:30pm T combinations on the Boxmaster . 3:30pm (w/ Alecia) Parkinson's Program Boxmaster (w/ Alecia) Parkinson's Program Boxmaster (w/ Alecia) 5:30pm T combinations on the Boxmaster . 4:15pm (w/ Alecia) Parkinson's Program Boxmaster (w/ Alecia)	9:30am							Boxmaster	4:45pm	т/тн	High energy class that allows you to move from
Image: Solution of the second seco	3:00pm		Program						5:30pm	т	
3:30pm Program Boxmaster (w/Alecia) Boxmaster (w/Alecia) Boxmaster (w/Alecia) Boxmaster (w/Alecia) Boxmaster 3:30pm TH Improves posture, gait, strength and balance. Ix a week, monthly: \$20.00 member \$40.00 Zx a week, monthly: \$40.00 member \$40.00 Zx a week, monthly: \$40.00 member \$40.00 Zx a week, monthly: \$20.00 member \$40.00 Do n. 4:45pm Boxmaster (w/Maurice) Boxmaster (w/Alecia) Spin 5:30pm M Simport M Simport Jumport Jumport Jumport Jumport Jumport Monthly: \$20.00 member \$40.00 Zx a week, monthly: \$40.00 member \$40.00 Do n. Jumport Jumpo											
Boxmaster (w/ Alecia) MixxedFit Boxmaster (block) M/W (block) Aerobic dance class that is easy to follow - for fitness levels. 5:30pm Spin (w/ Maurice) MixxedFit (w/ Alecia) MixxedFit (w/ Alecia) MixxedFit (w/ Alecia) MixxedFit (w/ Alecia) Drop-in rate: \$5 per class for all											
4:15pm Image: Market Fit w/ Maurice) Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) Spin S:30pm Market Fit w/ Alecia) Description Sime fit w/ Alecia) Market Fit w/ A	3:30pm				Boxmaster			Boxmaster	3:30pm	тн	
A:45pm Boxmaster (w/ Maurice) Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) Spin Spin 5:30pm M Jump on one of our indoor bikes to get your so on. 5:15pm Boxmaster (w/ Maurice) Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) MixxedFit 5:00am TH Monthly: \$20.00 member \$40.00 non 5:15pm Sinopa Spin (w/ Maurice) Boxmaster (w/ Alecia) HITT (w/ Alecia) MixxedFit 6:00pm M/W Aerobic dance class that is easy to follow – for fitness levels. 5:30pm Spin (w/ Maurice) Boxmaster (w/ Alecia) HITT (w/ Alecia) Image: Comparison of the second of th	1.15nm				(11, 1 = 20.2)						2x a week, monthly: \$40.00 member \$80.00 non
4:45pm Boxmaster (w/ Maurice) Boxmaster (w/ Maurice) Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) Stopping Stopping Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) Boxmaster (w/ Alecia) Stopping Stopping Monthly: \$20.00 member \$40.00 non 5:30pm Spin (w/ Maurice) Boxmaster (w/ Alecia) HITT (w/ Alecia) MixedFit 6:00pm M/W 9:30am Aerobic dance class that is easy to follow - for fitness levels. 6:00pm MixedFit (w/ Alecia) MixedFit (w/ Alecia) MixedFit (w/ Alecia) TH Monthly: \$20.00 member \$40.00 non	4.130							Spin	5:30pm	м	Jump on one of our indoor bikes to get your sweat
Spin (w/ Maurice) Boxmaster (w/ Alecia) HITT (w/ Alecia) HITT (w/ Alecia) MixedFit (w/ Alecia) MixedFit(w/ Alecia) MixedFit(w/ Alecia) M	4:45pm								5:00am	тн	on.
5:15pm Spin (w/ Maurice) Boxmaster (w/ Alecia) HITT (w/ Alecia) HITT (w/ Alecia) HITT (w/ Alecia) Fitness levels. Drop-in rate: \$5 per class for all 6:00pm MixxedFit (w/ Alecia) MixxedFit (w/ Alecia) MixxedFit (w/ Alecia) MixxedFit (w/ Alecia)			(w/ Maurice)		(w/ Alecia)						
Sign Spin (w/ Maurice) Boxmaster (w/ Alecia) HITT (w/ Alecia) Drop-in rate: \$5 per class for all 6:00pm MixxedFit (w/ class) MixxedFit (w/ class) MixxedFit (w/ class) MixxedFit (w/ class)	5:15pm							MixxedFit			
5:30pm Spin									9:30am	S	Dron in rato: \$5 par class for all
	5:30pm										
	6:00nm	MixxedFit		MixxedFit							
(W/ Carisa) (W/ Carisa) *** <u>PER CLASS</u> PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST	0.00pm	(w/ Carisa)		(w/ Carisa)				*** <u>PER CLASS</u> PA	YMENT AV	AILABLE I	FOR ALL CLASSES – ASK FRONT DESK FOR COST.