

MARCH 2024

The Bench Press

Get to Know Doug Smart, Impact Sports and Fitness Member

Impact Sports and Fitness member, Doug Smart, has been coming to the facility for many years. At age 64, Doug comes to Impact Sports and Fitness to get a workout, improve his health, keep his weight in check, and relieve stress.

"I like the location and setup of the facility, including the equipment. I also enjoy the smiling faces of Anita, Mona, and Billy, that I get to see daily when I come in," said Doug. He also stated, "I have a wonderful wife who is very physically fit and is my motivation."

Doug lives in rural Abilene but is originally from Washington, Kansas. In his spare time, he enjoys fishing, hunting, golfing, reading, and family time.

Thank you Doug for bringing your enthusiasm and energy to the Impact Sports and Fitness "family."

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.

Newsletter of Impact Sports and Fitness



Doug Smart, Impact Sports and Fitness member, holds dumb bell weights while using a plyometric box as one of his workout routines at Impact Sports and Fitness.

Follow us on
Facebook and
Instagram!



Membership Information

Single Membership:

\$36.50/month*

Family Membership:

\$59.00/month*

Membership dues allow use of Impact's facility. A discount can apply for one-year pre-payment, auto bank draft, rehab, seniors, students, corporate, or military.

DAY PASS: \$10 per person

GUEST PASS: \$5 per guest (member must accompany guest)

WEEK PASS: \$30/one week

WALKING MEMBERSHIP:

\$14.75/month (includes only unlimited use of the walking track and locker rooms)

*Rates subject to change

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




Happy St. Patrick's Day

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

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

Massage Therapy & Specialty Services Menu

Pamper Yourself with Relaxation & Renewal

Traditional Massages	Specialty Services										
<p>Swedish Massage - This is the most requested and popular form of massage. A relaxing massage designed to increase the oxygen flow in the blood and release toxins from the muscles to leave you feeling as though you are walking on air. It is used especially for relaxation, relief of muscular tension, and improvement of circulation and range of motion.</p> <table border="1"> <tr><td>30 minute</td><td>\$45.00</td></tr> <tr><td>60 minute</td><td>\$75.00</td></tr> <tr><td>90 minute</td><td>\$95.00</td></tr> </table>	30 minute	\$45.00	60 minute	\$75.00	90 minute	\$95.00	<p>Cupping & Scraping - Cupping therapy is a healing method that may ease back pain, neck pain, headaches and other issues. It uses suction to pull on your skin and increase blood flow to the affected area. Cupping does cause bruising.</p> <p>Scraping therapy is a form of manual therapy on soft tissues where a small tool is used, sometimes with lotion, to gently scrape over fascia, ligaments, tendons, and muscles. This aids in breaking down scar tissue that results from trauma or overuse. Scraping therapy also helps promote a better healing environment by improving circulation in the area. Some advantages of scraping therapy include pain relief, decrease in recovery time, and a reduced need for anti-inflammatory medication.</p> <table border="1"> <tr><td>30 minute</td><td>\$45.00</td></tr> <tr><td>60 minute</td><td>\$75.00</td></tr> </table>	30 minute	\$45.00	60 minute	\$75.00
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<p>Hot Stone Massage - This massage is known for its deeply relaxing benefits. This technique uses smooth, heated stones which are placed on specific points on the body to help warm up tight muscles and melt away knots, tension, and stress.</p> <table border="1"> <tr><td>30 minute</td><td>\$55.00</td></tr> <tr><td>60 minute</td><td>\$85.00</td></tr> <tr><td>90 minute</td><td>\$105.00</td></tr> </table>	30 minute	\$55.00	60 minute	\$85.00	90 minute	\$105.00	<p>PNF Stretching - Proprioceptive Neuromuscular Facilitation (PNF) is a stretching technique utilized to improve muscle elasticity and has been shown to have a positive effect on active and passive range of motions. It can improve your range of motion and also boost your muscle flexibility and strength.</p> <table border="1"> <tr><td>30 minute</td><td>\$45.00</td></tr> <tr><td>60 minute</td><td>\$75.00</td></tr> </table>	30 minute	\$45.00	60 minute	\$75.00
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<p>Deep Tissue Massage - This massage focuses on the deeper layers of muscle tissue. A deep tissue massage can leave you feeling tender after it is over. It is intended to address chronic pain areas in the body.</p> <table border="1"> <tr><td>30 minute</td><td>\$45.00</td></tr> <tr><td>60 minute</td><td>\$75.00</td></tr> <tr><td>90 minute</td><td>\$95.00</td></tr> </table>	30 minute	\$45.00	60 minute	\$75.00	90 minute	\$95.00	<div>02/2024</div> 				
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**A GREAT TIME TO GIVE
US A TRY! BE SURE TO
TELL A FRIEND**



TRY US OUT!

1ST TIME MEMBERS GET

50% OFF

YOUR FIRST 90 DAYS

* First 90 days with discounted price must be paid upon sign up.

**Have you or someone you know been
diagnosed with Parkinson's Disease?**



Thanks to donations from Coyote Crazy, an event organized by Dennis Rider and a group of his supportive friends, Impact Sports and Fitness is able to help those who live with Parkinson's manage their symptoms by offering their services **free of charge!**

Services available:

Membership

Classes

Personal Training

Call us today at **(785) 263-3888** for more information, or stop by our facility at **418 N. Broadway, Abilene, KS.**

MARCH CLASS SCHEDULE (3/4 — 3/29) * no classes week of 3/11 (spring break)

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)				
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	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			On hold for the "colder" months.
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.