

APRIL 2024

# The Bench Press

## Get to Know Steve Wedel, Impact Sports and Fitness Member

Newsletter of Impact Sports and Fitness

Impact Sports and Fitness member, Steve Wedel, has had to fight a battle he didn't choose, but coming to Impact Sports and Fitness has helped him tremendously in winning the battle at age 74.

Six years ago, Steve was infected with the West Nile Virus, and it took away the full use of his legs. "The trainers at Impact Sports and Fitness helped me SO much to get better, helping me to get my leg strength back," said Steve. He still needs the assistance of a walker in getting around, but Steve continues to come to Impact Sports and Fitness to work on his leg strength.

"I enjoy coming to Impact Sports and Fitness because it's like family, a place for some social time, and it helps me get stronger," Steve said. His hometown is Abilene, and many in the area know Steve as Coach Wedel, since he was a long-time coach at Abilene High School coaching football and basketball. Steve has 160 acres of land south of Carlton with a cabin on it and some cows. He enjoys ranching, hunting, fishing, spending time with his grandkids, and he loves to travel.

Thank you Steve for choosing Impact Sports and Fitness to help you with your recovery and strength training. We are inspired by your drive to get stronger and happy to have you as part of the "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](http://mhsks.org/impact), and follow us on Facebook and Instagram. Impact Sports and Fitness, your full-service fitness center in downtown Abilene.



**Steve Wedel, Impact Sports and Fitness member, uses the leg-press machine 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

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

**[mhsks.org/impact](http://mhsks.org/impact)**  
**785-263-3888**



**FRIEND DAY, April 10**  
 Impact Sports and Fitness members can bring a friend in with them for a **FREE** workout (no classes included). Friends will need to please stop at front desk to fill out a consent form.



*Impact Sports and Fitness offers a variety of services including personal training – with nationally certified trainers, group classes, massages/stretching, 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.*

**A GREAT TIME TO GIVE US A TRY! BE SURE TO TELL A FRIEND**



**TRY US OUT!**

**1<sup>ST</sup> TIME MEMBERS GET**

**50% OFF**

**YOUR FIRST 90 DAYS**

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

**\* NOTICE \***  
 Sunday hours have ended for the “season.” We will be open Sunday afternoons, from 2 to 5, again beginning in October.

**APRIL CLASS SCHEDULE (4/1 – 4/26)**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00am				Spin (w/ Maurice)			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! <b>1X a week, monthly: \$20.00 member \$40.00 non</b>
5:30am			Boxmaster (w/ Maurice)				<b>2x a week, monthly: \$40.00 member \$80.00 non</b>
6:00am							HIIT 5:30pm TH High Intensity Interval Training. Best form of workout when training to burn those calories and get the heart rate up! <b>1X a week, monthly: \$20.00 member \$40.00 non</b>
8:00am		Fun (w/ Anita)		Fun (w/ Anita)			Bleacher On hold for the “colder” months.
9:00am							Boxmaster 4:45pm T/TH High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster. 5:30pm T
9:30am						MixedFit *First Sat. of each month	Parkinson's Program 5:30am W <b>Monthly: \$20.00 member \$40.00 non</b>
3:00pm		Parkinson's Program Boxmaster (w/ Alecia)		Parkinson's Program Boxmaster (w/ Alecia)			Parkinson's Program Boxmaster 3:00pm T Improve flexibility and range of motion. 3:30pm TH Improves posture, gait, strength and balance. <b>1x a week, monthly: \$20.00 member \$40.00 non</b>
3:30pm							Spin 5:30pm M Jump on one of our indoor bikes to get your sweat on. 5:00am TH <b>Monthly: \$20.00 member \$40.00 non</b>
4:15pm		Boxmaster (w/ Maurice)		Boxmaster (w/ Alecia)			MixedFit 6:00pm M/W Aerobic dance class that is easy to follow – for ALL fitness levels. 9:30am S <b>Drop-in rate: \$5 per class for all</b>
4:45pm							
5:15pm							
5:30pm	Spin (w/ Maurice)	Boxmaster (w/ Alecia)		HITT (w/ Alecia)			
6:00pm	MixedFit (w/ Carisa)		MixedFit (w/ Carisa)				

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