

MAY 2024

The Bench Press

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Get to Know Matt Engle, Impact Sports and Fitness Member

Newsletter of
Impact Sports and Fitness

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

Impact Sports and Fitness member Matt Engle has always worked out, but now in his mid-40s, he recently made the decision to make health and fitness a lifestyle. Matt used the facility 25 years ago, took a break for a while, and has now been back using it for about two years.

"I love the atmosphere of Impact Sports and Fitness, always friendly people, and no judging of how I lift or workout," said Matt. "The facility is very clean and accommodating...and the staff is great!"

Matt grew up in Ashland, Ohio but considers Abilene home. He is married and has two, wonderful children. He and his wife own Lumber House True Value in Abilene. When Matt isn't working, he enjoys traveling, outdoor activities, fitness, and obstacle course races. He also loves animals and working with them, and helping others with their projects.

Thank you Matt for making Impact Sports and Fitness a part of your lifestyle, and for being part of 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.



Matt Engle, Impact Sports and Fitness member, enjoying working out at Impact Sports and Fitness. Health and fitness are now a part of his lifestyle.



MEMORIAL HEALTH SYSTEM

Impact Sports and Fitness

ABILENE Salina Regional Health Center

418 N. Broadway
Abilene, KS 67410

mhsks.org/impact
785-263-3888

Rosetta Creach of Village Manor, Off-Site Client of Impact Sports and Fitness

Rosetta Creach, a resident of Village Manor, has been an off-site client of Impact Sports and Fitness for almost one year.

Mona Pflaster, Nationally Certified Personal Trainer at Impact Sports and Fitness, goes to Village Manor twice per week to work with Rosetta. “I enjoy the time with Mona,” said Rosetta. “She helps me with my Parkinson’s condition and helps me keep moving and stay active.” Mona assists Rosetta with a full-body workout that includes working on balance and the use of exercise bands, weights, pilate balls, and other exercise equipment.

Rosetta is 80 years of age and her hometown is Abilene. She enjoys reading, puzzles, and cards.

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

Rosetta benefits from the use of funds from the Parkinson’s program at Impact Sports and Fitness. A large portion of the funds for the program comes from the Coyote Crazy Parkinson’s Benefit Poker Walk. If you, or someone you know, can benefit from the Parkinson’s program, FREE of charge, contact Impact Sports and Fitness.

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Rosetta Creach, off-site client of Impact Sports and Fitness, who works with Mona Pflaster, Impact Sports and Fitness Nationally Certified Personal Trainer.

MAY CLASS SCHEDULE (4/29 —5/24) * no classes week of 5/27 (Memorial Day)

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/ Alicia)		Boxmaster (w/ Alecia)		
5:15pm						
5:30pm	Spin (w/ Maurice)			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 5:30am	T/TH 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.