

JULY 2024

The Bench Press

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Get to Know Skyleigh Pflaster, Impact Sports and Fitness Members

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, Skyleigh Pflaster, has been coming to the facility since she was a young kid with her parents. That time spent with her parents has been the fuel for her passion to continue exercising. Skyleigh also loves to see the familiar faces at Impact Sports and Fitness when she comes in to work out.

“Working out makes me feel good and allows me to take time to work on myself,” Skyleigh said. She began wrestling at the age of five. Skyleigh was a member of the Abilene Kids Wrestling Club and continued wrestling for all four years of high school. While she was in high school, girls wrestling became a sanctioned sport by the Kansas High School Activities Association. She placed at the state tournament in the two years wrestling becoming a sanctioned sport; with a third place finish her junior year and second place her senior year.

She was born in Broken Bow, Nebraska but has lived in Abilene since she was three and is a graduate of Abilene High School. Skyleigh, age 20, is in the Kansas Air National Guard and is studying kinesiology at Kansas State University. She enjoys working out, reading, and spending time with her family.

Thank you, Skyleigh for being a part of the Impact Sports and Fitness “family,” and for making us a part of your fitness routine.

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.



Skyleigh Pflaster performs pull-ups at Impact Sports and Fitness.



MEMORIAL HEALTH SYSTEM

Impact Sports and Fitness

ABILENE Salina Regional Health Center

418 N. Broadway
Abilene, KS 67410

mhsks.org/impact
785-263-3888



Sessions Will Improve:

- Strength
- Flexibility
- Mobility
- Range of Motion
- Balance
- Everyday Living Skills



GROUP TRAINING:
2+ people/5 sessions
 2 \$65.00 per person
 3 \$55.00 per person
 4 \$45.00 per person
 5 \$35.00 per person
 6+ \$25.00 per person

For more information please call: **785-263-3888**
 Don't forget to ask us about our off-site training options!



MEMORIAL HEALTH SYSTEM
 Impact Sports and Fitness
 ABILENE Salina Regional Health Center

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.**

We will be
CLOSED
 for the
FOURTH OF JULY

MEMORIAL HEALTH SYSTEM
 Impact Sports and Fitness
 ABILENE Salina Regional Health Center



JULY CLASS SCHEDULE (7/8 —7/26)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
5:30am			Boxmaster (w/ Maurice)	Spin (w/ Maurice)			Fun	8:00am	T/TH	Come and be surprised! You might be faced with resistances bands, TRX, or even medicine balls! 1X a week, monthly: \$15.00 member \$30.00 non 2x a week, monthly: \$30.00 member \$60.00 non
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! 1X a week, monthly: \$15.00 member \$30.00 non
8:00am		Fun (w/ Anita)		Fun (w/ Anita)			Bleacher			<i>On hold.</i>
9:00am							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: \$15.00 member \$30.00 non
3:00pm		Parkinson's Program Boxmaster (w/ Alecia)					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: \$15.00 member \$30.00 non 2x a week, monthly: \$30.00 member \$60.00 non
3:30pm				Parkinson's Program Boxmaster (w/ Alecia)			Spin	5:30pm 5:00am	M TH	Jump on one of our indoor bikes to get your sweat on. Monthly: \$15.00 member \$30.00 non
4:15pm							MixedFit	6:30pm	M	Aerobic dance class that is easy to follow – for ALL fitness levels. Drop-in rate: \$5 per class for all
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)									

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