

JUNE 2024

The Bench Press

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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

Get to Know Pat Wick and Jessica Gilbert, Impact Sports and Fitness Members

Newsletter of Impact Sports and Fitness

Impact Sports and Fitness members, Pat Wick and Jessica Gilbert, come all the way from Ramona to work out at the facility. The sisters, ages 86 and 74, came to Ramona from the Napa Valley in California in 2000 on a millennium lark. "It was the year 2000 and we wanted to do something different to celebrate," said Pat.

Ramona was their parent's hometown. They would visit relatives in the area through the years, and even bought a little cottage on main street in town and fixed it up; coming in the summer for family reunions. But in 2000 they moved to Ramona, "for a least a year," and haven't left yet. They bought a second house in Ramona, and called it "Cousin's Corner," and ran it as a country bed and breakfast in a town of 100 for about 15 years.

Living in a town without any businesses except for a post office, they found Abilene like "the big city with a lovely library, a gas station with good pizza, and the Country Mart grocery store. Who needs more than that?" Pat said with a smile. Looking for a friendly face, someone smiling and saying "hey, Pat," and keeping their bodies in good shape, they found Impact Sports and Fitness. "Luckily, we found Anita here too, along with people like Nancy, Bob, DeAnne, Doug, Gordie – among other friendly folks, who make up a family atmosphere at Impact," she continued.

Jessica started coming to Impact Sports and Fitness 22 years ago and Pat began joining her 10 years ago. They drive over 30 miles each way, at least twice a week, to work out at Impact Sports and Fitness; enjoying the Kansas scenery during their trips.



**Pat Wick (left) and
Jessica Gilbert (right)
travel all the way from
Ramona to workout 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**

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Shortly after arriving to Kansas, Pat, an artist, got a part-time job teaching art at Centre Elementary School. Jessica volunteered to help, and the sisters still teach art at the school every Friday morning. The sisters are both avid gardeners, and this past Easter, Pat got some ducks to add to the chicken menagerie in her backyard. "I had a small pond, so ducks seemed a natural," Pat quipped. "We now do 'duck-watching,' which is part fun and part good sense – as we have a fox in town."

Thank you Pat and Jessica for choosing Impact Sports and Fitness to help you stay fit. We love your spunky personalities, your smiles, and having you as 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.



YOUTH PERSONAL TRAINING

Youth Personal Training Ages 12-18

Have a child who you want to be sure stays active this summer? Playing sports? Needs more exercise? Maybe just want them out of the house for a little bit? Youth Personal Training at Impact Sports and Fitness is the answer!

A Certified Personal Trainer will teach proper techniques for exercises and lifting, build strength, and help with agility.

This will help your child get stronger and faster, and will help your child keep in shape or get in shape, and stay active and healthy.



Ages 12-18
Singles or groups training

Summer program

Beginning June 10th

Call for appointments

Lead by a
Certified Personal
Trainer

Individual 1/2 hour sessions:
1 session - \$30.00
5 sessions - \$125.00
10 sessions - \$235.00
20 sessions - \$450.00

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

Impact Sports and Fitness

418 N. Broadway
Abilene, KS

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[facebook.com/impactsportsabilene](https://www.facebook.com/impactsportsabilene)
[impactsportsandfitnessabilene](https://www.instagram.com/impactsportsandfitnessabilene)

JUNE CLASS SCHEDULE (6/3 –6/28)

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/ Alicia)		
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.