JULY 2025

The Bench Press

Get to Know Bill Evans, Impact Sports and Fitness Member

Newsletter of Impact Sports and Fitness

Impact Sports and Fitness member, Bill Evans, has been coming to the facility for about three years to help with his recovery from a stroke. At age, 73, Bill makes use of having one of our personal trainers to help keep him moving and use all of his muscles to the best of his ability.

"I do not like to be static; I try to keep moving as much as I can," said Bill. "The staff at Impact Sports and Fitness is awesome," he continued. Bill starts out on the seated elliptical machine before beginning his 30-minute session with his personal trainer.

Bill lives in rural Abilene, where he moved to three years ago, after living in the Wichita area for 41 years while working for Boeing and Spirit AeroSystems in the engineering test department. Bill has also lived in Paola, 19 years; Williamsburg, four years; Salina, two years; Haysville, 10 years; and Andover, 30 years.

Impact Sports and Fitness member, Bill Evans, uses the seated row machine.

Bill graduated high school from Paola, and attended Kansas Technical Institute. Bill has been married to Marcia for 50 years, and they have four kids and 11 grandkids. He enjoys helping his son-in-law with farming and assisting with anything mechanical.

Thank you, Bill, for choosing Impact Sports and Fitness to help with your recovery and to help keep you moving. We enjoy the trivia that you challenge us with weekly! We also love having you as a part of the Impact Sports and Fitness "family."





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 785-263-3888





Don't have time for a full massage, consider foot reflexology. Your feet are sensory and sensitive and most times neglected. Take out 30 minutes to explore how body and feet are connected. Some of the benefits are pain relief, stress and anxiety reduction, improves circulation, improved sleep, improved mood, improved digestion, just to name a few. Call Impact Sports and Fitness to book your appointment, 785-263-3888.

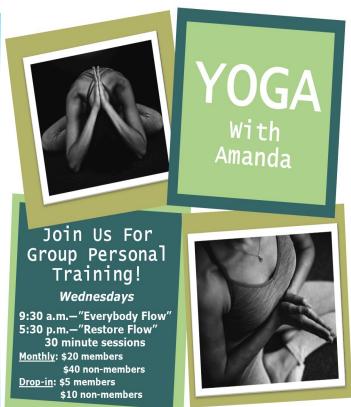


KIDS BORED THIS SUMMER?

Youth can workout at Impact Sports and Fitness! Ages 12+ can workout on their own. Ages 8-11 must be accompanied by a parent or guardian.

Student monthly memberships: \$32.80 (plus 50% off the first three months)

*ask for details





Saturday, Sept. 13—NEW LOCATION

Follow our Facebook and Instagram for updated information as the date approaches and visit: mhsks.org/impact-the-cause

JULY CL **SCHEDULE** (7/7 - 7/25)8:00am Come and be surprised – you will have FUN! You TIME Monday Tuesday Wednesday Thursday Friday Saturday might be faced with resistance bands, TRX, or even medicine balls! 5:30am 1X a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non 6:00am High Intensity Interval Training/Every Minute On Fun the Minute. Best form of workout when training 8:00am HIIT 5:30pm to burn those calories and get the heart rate up! 9:00am 1X a week, monthly: \$20.00 member \$40.00 non Boxmaster 4:30pm High energy class that allows you to move from **Everybody Flow** 5:30am full body movements while rotating through W 9:30am combinations on the Boxmaster 4:45pm Monthly: \$20.00 member \$40.00 non 10:00am Parkinson's Program 3:00pm Improve flexibility and range of motion. Improves posture, gait, strength and balance 3:30pm TH *Chair/Balance *Chair/Balance 10:15am 1x a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non Parkinson's Spin 5:30pm М Jump on one of our indoor bikes to get your sweat 3:00pm Program Boxmaster 5:30am TH Monthly: \$20.00 member \$40.00 non Parkinson's Chair/Balance 10:15am M/Th 3:30pm Exercises that help keep you upright and help Program Boxmaster prevent falls. Boxmaster 4:30pm Monthly: \$20.00 member \$40.00 non Yoga (Everybody Flow) 9:30am ۱۸/ Start your day and get energized and focused. Boxmaste 4:45pm (Restore Flow) 5:30pm Stretch your muscles and relax from the day. Monthly: \$20.00 member \$40.00 non 5:00pm Spin Restore Flow 5:30pm PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST. *IN THE EVENT INSTRUCTOR MUST CANCEL, CREDIT WILL BE GIVEN.