

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."

HAPPY INDEPENDENCE DAY!
Have a safe and fun one from
Impact Sports and Fitness



**WE WILL BE CLOSED FOR
THE FOURTH OF JULY**

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**

REFLEXOLOGY



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.



YOGA

with Amanda

Join Us For Group Personal Training!

Wednesdays
9:30 a.m. – "Everybody Flow"
5:30 p.m. – "Restore Flow"
30 minute sessions
Monthly: \$20 members
\$40 non-members
Drop-in: \$5 members
\$10 non-members

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*

➡ **SAVE THE DATE** ⬅

Impact the CAUSE

5K Run 🏃 2Mile FunWalk 🚶 Kids Races
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 CLASS SCHEDULE

(7/7 — 7/25)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			Boxmaster	Spin		
6:00am						
8:00am		Fun		Fun		
9:00am						
9:30am			Everybody Flow			
10:00am						
10:15am	*Chair/Balance			*Chair/Balance		
3:00pm		Parkinson's Program Boxmaster				
3:30pm				Parkinson's Program Boxmaster		
4:30pm		Boxmaster				
4:45pm				Boxmaster		
5:00pm						
5:30pm	Spin		Restore Flow	HIIT		

Fun	8:00am	T/TH	Come and be surprised – you will have FUN! You might be faced with resistance 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/Every Minute On the Minute. 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
Boxmaster	4:30pm 5:30am 4:45pm	T W TH	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 5:30am	M TH	Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
Chair/Balance	10:15am	M/Th	Exercises that help keep you upright and help prevent falls. Monthly: \$20.00 member \$40.00 non
Yoga (Everybody Flow) (Restore Flow)	9:30am 5:30pm	W W	Start your day and get energized and focused. Stretch your muscles and relax from the day. Monthly: \$20.00 member \$40.00 non

PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.
***IN THE EVENT INSTRUCTOR MUST CANCEL, CREDIT WILL BE GIVEN.**