

AUGUST 2025

# The Bench Press

## Get to Know Ann Fleming, Impact Sports and Fitness Member

Newsletter of  
Impact Sports and Fitness

Ann Fleming is a long-time member of Impact Sports and Fitness. She became a member when she was seeking out a fitness program to help her lose some weight that she had gained. "I learned when I was in my 20s (she is now 74) that you could lose weight by diet and exercise," said Ann. "When I joined Impact Sports and Fitness it had a program; you experienced a taste of all they offered."

One of the classes that Impact Sports and Fitness offers is the BoxMaster. It is also offered through personal training. "I fell in love with the BoxMaster class," Ann said. "This class enables me to use all of my core muscles, and also helps with my balance and walking," she continued.



*Impact Sports and Fitness member, Ann Fleming, loves the Boxmaster class at Impact Sports and Fitness.*

Ann is from Manhattan, and currently lives in Hope. She was raised on a farm. "I wasn't happy when my parents sold the farm and moved us to the city," said Ann. She presently lives on four and a half acres of land in the heart of a farming community. Ann enjoys gardening, sewing, and studying the Bible.

Thank you, Ann, for being a part of the Impact Sports and Fitness "family." We are happy that you chose us as part of your fitness journey.

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](http://mhsks.org/impact),

and follow us on Facebook and Instagram. Impact Sports and Fitness, your full-service fitness center in downtown Abilene.

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](http://mhsks.org/impact)  
785-263-3888**

**A REMINDER: We will be closed for Labor Day, Monday, Sept. 1**

# Impact the CAUSE

**5K Run 2Mile FunWalk Kids Races**

**Hosted by Impact Sports & Fitness**

**\*NEW LOCATION — Memorial View Park & Walking Trail at Memorial Hospital in Abilene, 511 NE. 10th Street**

**7 a.m. Registration (if did not pre-register online) • 8 a.m. Start**

**Entry fee for 5K Run or 2Mile FunWalk:** Pre-registration is \$30, online at: [register.chronotrack.com/r/86749](http://register.chronotrack.com/r/86749)

Entry fee includes short-sleeve T-shirt. Race day entry fee is \$35 (no shirt guaranteed).

Non-participant registration fee is \$30 (unable to participate, but registering for a T-shirt and supporting a good cause). Shirt/packet pickup: Sept., 11 & 12, 7:00 a.m.—3:30 p.m., Memorial Hospital lobby.

• **Breakfast** from 7:00 a.m.—9:00 a.m. \*\*\***OPEN TO THE PUBLIC**, even if not participating in the race or walk, will be available for purchase.

• **FREE Kids Races** start at 8:45 a.m. 100 yard: Kindergarten & under; Down the Block: 1st, 2nd, & 3rd graders; Around the Block: 4th, 5th, & 6th graders. Top 3 medals in each category. All kids receive a participant's ribbon. Plus additional activities for kids.

• **Abilene High School cheerleaders** performing and cheering on participants.

**\*ACTIVITIES SUBJECT TO CHANGE.**

Ceremony following completion of all events. 5K medals for 1st, 2nd, & 3rd place finishers in each age group. The fun walk is non-competitive with no awards.

Proceeds raised by Impact the Cause are designated to support community organizations/groups, funds, and projects. The funds to be distributed by Memorial Health Foundation. The 2025 event funds from Impact the Cause will go towards a **youth health initiative** — a one month membership and a personal training session at Impact Sports and Fitness for ages 12 to 19.



## Corporate Sponsors



**Abilene Termite & Pest Control • Bennington State Bank • Boyd Excavating  
DK Specialties • Family Eye Care of Abilene • Foster Construction • Lumber House  
Hoffman Construction • M&R Grill • Pinnacle Bank • Russell Stover Chocolates  
Solomon State Bank • Tri-County Insurance • Ranae Veal Agency, Julie Bartley Agency**

# Saturday, September 13th



**ONLINE  
REGISTRATION IS  
NOW OPEN FOR  
IMPACT THE  
CAUSE 2025!**

**You can type in  
the online address  
on the flyer at the  
left or go to our  
website for the  
link, and more  
information, at:  
[mhsks.org/impact  
-the-cause](http://mhsks.org/impact-the-cause)**

**CHECK THIS OUT!**

**NEW CLASSES ADDED!**

## AUGUST CLASS SCHEDULE (8/4 — 8/29)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30am			Boxmaster	Spin			Functional Fitness 9:30am M/W Come and gain strength with a variety of different workouts. <b>1X a week, monthly: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 non</b>
6:00am							
8:00am							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! <b>1X a week, monthly: \$20.00 member \$40.00 non</b>
9:00am							Boxmaster 4:30pm T High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster. <b>Monthly: \$20.00 member \$40.00 non</b>
9:30am	Functional Fitness		Yoga "Everybody Flow" Functional Fitness				Parkinson's Program Boxmaster 3:00pm T Improve flexibility and range of motion. Improves posture, gait, strength and balance. <b>1x a week, monthly: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 non</b>
10:00am	Senior Strength						Spin 5:30pm M Jump on one of our indoor bikes to get your sweat on. <b>Monthly: \$20.00 member \$40.00 non</b>
10:15am	*Chair/Balance			*Chair/Balance			Chair/Balance 10:15am M/TH Exercises that help keep you upright and help prevent falls. <b>Monthly: \$20.00 member \$40.00 non</b>
3:00pm		Parkinson's Program Boxmaster					Yoga (Everybody Flow) (Restore Flow) 9:30am W Start your day and get energized and focused. Stretch your muscles and relax from the day. <b>Monthly: \$20.00 member \$40.00 non</b>
3:30pm				Parkinson's Program Boxmaster			Senior Strength 10:00am M/W Learn a variety of machines and gain strength. <b>1X a week, monthly: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 non</b>
4:30pm		Boxmaster					
4:45pm				Boxmaster			
5:00pm							
5:30pm	Spin		Yoga "Restore Flow"	HIIT			

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