

SEPTEMBER 2025

The Bench Press

IT'S COMING SOON -
SEPTEMBER 13th!

Newsletter of
Impact Sports and Fitness

Impact the CAUSE

5K Run  2 Mile FunWalk  Kids Races
Hosted by Impact Sports & Fitness • Abilene
Saturday, September 13, 2025

Impact the Cause is an annual fundraiser with proceeds directed through the Memorial Health Foundation, which chooses and supports causes that align with the mission of Memorial Health System. This year's funds will support a youth health initiative, providing a one-month membership and a personal training session at Impact Sports and Fitness for local youth ages 12 to 19, encouraging healthy, active lifestyles.

***NEW LOCATION — Memorial Hospital, 511 NE. 10th St.,
Abilene, including Memorial View Park & Walking Trail**

Schedule

This schedule will be followed rain or shine. No refunds.

7:00 a.m. • Registration (if did not pre-register online)

8:00 a.m. • 5K Road Race

8:05 a.m. • 2 Mile Fun Walk

8:45 a.m. • Free Kids Races
+ other activities

9:15 a.m. • 5K Medal Ceremony

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 from the Abilene High School FCCLA club.

**ACTIVITIES SUBJECT TO CHANGE.*

**Ribbon Cutting Ceremony
to celebrate the opening of
the new playground at
the Walking Trail**

Entry Fee

Pre-registration is \$30 per event. Enter via the QR code.

Entry fee includes a short-sleeve T-shirt.

Race day entry fee is \$35 (no shirt guaranteed).

Non-participant registration fee is \$30 (registering for a T-shirt and supporting a good cause).



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**

***REMINDERS: We will be closed for Labor Day, Mon., Sept. 1**

SUNDAY HOURS RETURN OCT. 1—MAR. 31, 2 pm—5 pm

Get to Know Francisco Barajas, Impact Sports and Fitness Member

Impact Sports and Fitness member Francisco Barajas, 36, has been coming to the facility for almost three years. He comes in to help “be healthy and stay in shape.”

“I enjoy coming to Impact Sports and Fitness because of the people; everyone is friendly,” said Francisco. “Strike up a conversation with me, I’m nice,” he said with a smile. So, when you see Francisco, be sure to talk to him!

Francisco is from Toledo, Iowa. He enjoys fishing, hiking, and hanging out with his kids.

Thank you, Francisco, for being part of the Impact Sports and Fitness “family.”

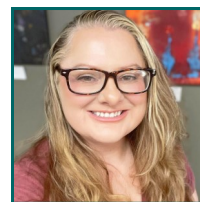
Impact Sports and Fitness offers a variety of services including personal training – with nationally certified trainers, group classes, and an array of strengthening and weight machines. We are a fitness center for all ages and levels of ability... it doesn't matter if you're a beginner, an athlete, 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.



Impact Sports and Fitness member, Francisco Barajas, takes a break from his workout.

MASSAGE REMINDER: MASSAGE APPOINTMENTS ARE AVAILABLE MONDAY THROUGH SATURDAY AT IMPACT SPORTS AND FITNESS.

Aliecia (Monday—Friday) and Kimberly (Saturday mornings only) can help get you feeling great! Schedule your appointment, call 785-263-3888.



SEPTEMBER CLASS SCHEDULE (9/8 — 10/3) * no classes week of 9/1 (Labor Day)

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. 1X a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
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! 1X a week, monthly: \$20.00 member \$40.00 non
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. Monthly: \$20.00 member \$40.00 non
9:30am	Functional Fitness		Yoga "Everybody Flow"				Parkinson's Program 3:00pm T 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
10:00am	Senior Strength		Functional Fitness Senior Strength				Boxmaster 5:30am TH Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
10:15am	*Chair/Balance			*Chair/Balance			Chair/Balance 10:15am M/TH Exercises that help keep you upright and help prevent falls. Monthly: \$20.00 member \$40.00 non
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. Monthly: \$20.00 member \$40.00 non
3:30pm				Parkinson's Program Boxmaster			Senior Strength 10:00am M/W Learn a variety of machines and gain strength. 1X a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
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.**