

OCTOBER 2025

The Bench Press

THANK YOU

Newsletter of
Impact Sports and Fitness

*for helping to make Impact the Cause 2025 a success!
We truly appreciate all who participated, volunteered,
sponsored, or helped with the event. MANY more photos
can be found on the Impact Sports and Fitness
Facebook page.*



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**

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

Get to Know Harold Matson Impact Sports and Fitness Member

Impact Sports and Fitness member Harold Matson, 75, is a life-long resident of the area. He lives in Abilene but calls Longford his hometown.

Harold is dedicated to his workout routine and comes in on most days. "I come to Impact Sports and Fitness to help build or retain my muscle strength and I also get in my cardio workout," said Harold.

Harold enjoys hunting, and riding and repairing motorcycles. He has a daughter, Lisa; granddaughter, Kandi; and many great grandkids.

Thank you, Harold, 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, Harold Matson, using an upright bike.

The professional staff at Impact Sports and Fitness includes FIVE nationally certified personal trainers and group fitness instructors along with two massage therapists.

Whatever your goal is, Impact can help you reach it! To learn more, visit Impact Sports and Fitness online at: caringforyou.org

OCTOBER CLASS SCHEDULE

(10/6 — 10/31)

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. 5:30am W 4:45pm TH 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. Boxmaster 3:30pm TH 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				
10:15am	*Chair/Balance			*Chair/Balance			Spin 5:30pm M Jump on one of our indoor bikes to get your sweat on. 5:30am TH Monthly: \$20.00 member \$40.00 non
3:00pm		Parkinson's Program Boxmaster					Chair/Balance 10:15am M/TH Exercises that help keep you upright and help prevent falls. Monthly: \$20.00 member \$40.00 non
3:30pm				Parkinson's Program Boxmaster			Yoga (Everybody Flow) 9:30am W Start your day and get energized and focused. (Restore Flow) 5:30pm W Stretch your muscles and relax from the day. Monthly: \$20.00 member \$40.00 non
4:30pm		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
4:45pm				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.**