

NOVEMBER 2025

The Bench Press

Get to Know Ray Vopat, Impact Sports and Fitness Member

Newsletter of
Impact Sports and Fitness

Ray Vopat, 46, comes to Impact Sports and Fitness to begin his day with a workout. "Working out in the morning is a great way to start the day," said Ray, who has been a member at Impact Sports and Fitness for a handful of years now. "After a good workout, the rest of the day is downhill from there," he said with a smile.

Goals are big part of Ray's fitness routine. "I like to set goals and enjoy how good it feels when I achieve them. My wife and kids also use the facility, and getting a workout in has become a family affair," Ray said.

Ray lives in Abilene, but calls Bunker Hill his hometown. He enjoys being involved in sports and he officiates basketball games.

Thank you Ray, and family, for making Impact Sports and Fitness part of your workout routine and being part of our "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.



Ray Vopat takes a break from his morning workout at Impact Sports and Fitness.

We will be open on the Friday AFTER Thanksgiving, 4 a.m.—7 p.m. so you can work off some of those Thursday goodies.

HAVE A HAPPY THANKSGIVING!



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

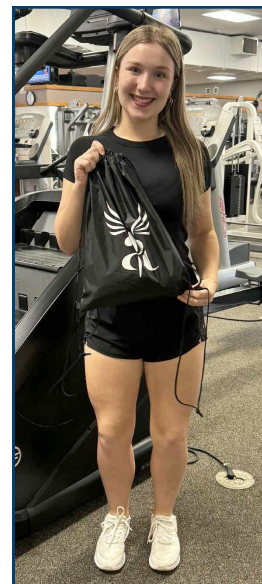
ABILENE  Salina Regional Health Center

**418 N. Broadway
Abilene, KS 67410**

**mhsks.org/impact
785-263-3888**

YOUTH AGES 12 - 19 ENCOURAGED TO TAKE ADVANTAGE OF THE YOUTH HEALTH INITIATIVE FUNDED BY IMPACT THE CAUSE

- ♥ Our community came together to support youth health
- ✓ 1 Month FREE Gym Membership
- ✓ 1 Free Personal Training Session
- ✓ A Swag Bag of Fitness Goodies
- 🚫 Limited openings, funded by Impact the Cause
- ➡ Claim a spot today and start your journey to a healthier, stronger you - Get your child signed up today for this **FREE** program!



*Just a few area youth who have signed up for the opportunity. **THANKYOU!** Openings still remain—get the kids signed up!!!*



FUNCTIONAL FITNESS CLASS MOVING TO TUESDAYS AND THURSDAYS AT 8:00 a.m. FOLLOWED BY SENIOR STRENGTH

NOVEMBER CLASS SCHEDULE (11/3 — 11/21) * no classes week of 11/24 (Thanksgiving)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday			
5:30am			Boxmaster	Spin		Functional Fitness	9:30am	T/TH
6:00am								
8:00am		Functional Fitness		Functional Fitness		HIIT	5:30pm	TH
8:30am		Senior Strength		Senior Strength		Boxmaster	4:30pm 5:30am 4:45pm	T W TH
9:30am			Yoga "Everybody Flow"					
10:00am						Parkinson's Program Boxmaster	3:00pm 3:30pm	T TH
10:15am	Chair/Balance			Chair/Balance		Spin	5:30pm 5:30am	M TH
3:00pm		Parkinson's Program Boxmaster				Chair/Balance	10:15am	M/TH
3:30pm				Parkinson's Program Boxmaster		Yoga (Everybody Flow) (Restore Flow)	9:30am 5:30pm	W W
4:30pm		Boxmaster				Senior Strength	8:30am	T/TH
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.