

DECEMBER 2025

The Bench Press

Get to Know Dave and Charlene Cook, Impact Sports and Fitness Members

Newsletter of
Impact Sports and Fitness

Impact Sports and Fitness members, Dave and Charlene Cook, have only been coming to the facility for a little over a year, but have made it a part of their regular routine.

The Abilene residents, both 73, began coming to Impact Sports and Fitness for Dave to rebuild lost muscle due to a lengthy hospital stay. Charlene regularly comes with Dave for support, but she is also exercising to help stop muscle loss from aging. "Growing stronger helps to make daily tasks easier," said Charlene.

Dave is originally from Abilene and Charlene calls Hill City her hometown. They both enjoy working outside, and Charlene enjoys quilting. Thank you Dave and Charlene for choosing Impact Sports and Fitness to help you stay healthy. We enjoy seeing your smiling faces walk in the Impact Sports and Fitness door.

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.



Dave and Charlene Cook exercise on the seated elliptical machines at Impact Sports and Fitness.

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**



**Wed., Dec. 24,
we will close
at 5 p.m.
Thur., Dec. 25,
CLOSED**

**Wed., Dec. 31,
we will close
at 5 p.m.
Thur., Jan. 1
CLOSED**



**Merry Christmas
&
Happy New Year**

**to you and your
family, from all of
us at Impact Sports
and Fitness. We
appreciate you
being a part of our
fitness family.**

SIX-WEEK HEALTHY LIFESTYLE RESET

SMALL STEPS, BIG CHANGES.

Kick-off the new year with a six-week program designed to help you feel your best and build lasting, healthy habits.

RESET DETAILS

- Dates: January 5 - February 9, 2026
- Session Times: 6:00 a.m., 9:00 a.m., 5:30 p.m. (30 minutes) Choose a time that works for you each Monday.
- Cost: \$60

WHAT YOU GET

- Guided Workouts
- Nutrition Support
- Mindfulness & Accountability
- And Much More

Together, we can help build healthier you.
Start the new year feeling strong, energized, and balanced!

To get signed-up, or if you have any questions, stop by Impact Sports and Fitness,
418 N. Broadway, Abilene. Phone: 785-263-3888.



There will be no regularly scheduled classes, **UNLESS** the instructor chooses to hold the class, the week of **12/22/25 (Christmas)** and the week of **12/29/25 (New Year's Day)**.

The instructor will let attendees know at the class prior to those dates. You can also call ahead to check to see if a class is being held those weeks or check Facebook and Instagram.

PRIZE DRAWING
1st: One-hour massage
2nd: \$50 gift card
3rd: \$25 gift card
*if complete all six weeks

DECEMBER CLASS SCHEDULE (12/1 — 12/19)

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								
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 (Restore Flow)	5:30pm	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.