

JANUARY 2026

The Bench Press

Get to Know Jennifer Hess, Impact Sports and Fitness Member

Newsletter of
Impact Sports and Fitness

Impact Sports and Fitness member, Jennifer Hess, has been coming to Impact Sports and Fitness for about three years. "It's helpful to be around people who have the same goals, energy, and love of fitness," said Jennifer.

About three years ago, in her late forties, Jennifer realized that intense cardio routines were not working for her fitness goals. "I switched to lifting weights and walking, and it was a complete game-changer for me and my fitness goals," Jennifer stated.

"Impact Sports and Fitness is a very welcoming space. The staff and members are so friendly, helpful, and motivating. I go to Impact to challenge myself, and it's a place where I can focus on improving myself physically and mentally."

Impact Sports and Fitness prides itself on being a big fitness-family, without judgement, where the members support each other. "I've met a lot of new people here at Impact and I have even created a few new, amazing, friendships. I am so thankful I found Impact Sports and Fitness, and I love being a part of a very supportive workout space," said Jennifer.

Jennifer is from Cottage Grove, Oregon but now calls Abilene home. She is married to Andy and they have four adult children and four grandchildren. Jennifer said, "We love Abilene and the community."

In her spare time, Jennifer loves playing pickleball several times a week, spending time with family and friends, and spending time with her two Bichon Frise dogs.

Thank you Jennifer for being a part of the Impact Sports and Fitness "family," and for making us a part of your fitness routine.



*Jennifer performs a
shoulder press while
working out 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**

**Happy
New Year!**

**WE WILL BE CLOSED
JANUARY 1**

**> 1/2/26 open normal hours <
4 a.m. to 7 p.m.**

↓ **GET SIGNED UP SOON; BEGINS JANUARY 5th** ↓



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 a healthier you.

Start the new year feeling strong, energized, and balanced!

DRAWING FOR THREE PRIZES
One-hour massage
\$50 gift card
\$25 gift card
*If complete all six weeks

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 12/29/25 (New Year's Day).

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

JANUARY CLASS SCHEDULE (1/5 — 1/30)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am			Boxmaster	Spin	
6:00am					
8:00am		Functional Fitness		Functional Fitness	
8:30am		Senior Strength		Senior Strength	
9:30am					
10:00am					
10:15am	Chair/Balance			Chair/Balance	
3:00pm		Parkinson's Program Boxmaster			
3:30pm				Parkinson's Program Boxmaster	
4:30pm		Boxmaster			
4:45pm				Boxmaster	
5:00pm					
5:30pm	Spin		Yoga "Restore Flow"	HIIT	

Functional Fitness	8:00am	T/TH	Come and gain strength with a variety of different workouts. 1X a week, monthly: \$15.00 member \$30.00 non 2x a week, monthly: \$30.00 member \$60.00 non
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: \$15.00 member \$30.00 non
Boxmaster	4:30pm 5:30am 4:45pm	T W TH	High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster. Monthly: \$15.00 member \$30.00 non
Parkinson's Program Boxmaster	3:00pm 3:30pm	T TH	Improve flexibility and range of motion. Improves posture, gait, strength and balance. 1x a week, monthly: \$15.00 member \$30.00 non 2x a week, monthly: \$30.00 member \$60.00 non
Spin	5:30pm 5:30am	M TH	Jump on one of our indoor bikes to get your sweat on. Monthly: \$15.00 member \$30.00 non
Chair/Balance	10:15am	M/TH	Exercises that help keep you upright and help prevent falls. Monthly: \$15.00 member \$30.00 non
Yoga (Restore Flow)	5:30pm	W	Stretch your muscles and relax from the day. Monthly: \$15.00 member \$30.00 non
Senior Strength	8:30am	T/TH	Learn a variety of machines and gain strength. 1X a week, monthly: \$15.00 member \$30.00 non 2x a week, monthly: \$30.00 member \$60.00 non

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