




MEMORIAL HEALTH SYSTEM

Impact Sports and Fitness

ABILENE  Salina Regional Health Center

January 5 – January 30

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		
6:00pm						

Functional Fitness	8:00am	T/TH	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
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
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: \$20.00 member \$40.00 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: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
Spin	5:30pm 5:30am	M TH	Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
Chair/Balance	10:15am	M/TH	Exercises that help keep you upright and help prevent falls. Monthly: \$20.00 member \$40.00 non
Yoga (Restore Flow)	5:30pm	W	Stretch your muscles and relax from the day. Monthly: \$20.00 member \$40.00 non
Senior Strength	8:30am	T/TH	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

PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.

****IN THE EVENT INSTRUCTOR MUST CANCEL, CREDIT WILL BE GIVEN.***