

FEBRUARY 2026

The Bench Press

**Get to Know
Asher McCook,
Impact Sports and Fitness
Youth Health Initiative Participant**

Newsletter of
Impact Sports and Fitness

Asher McCook, 13, has been coming to Impact Sports and Fitness since this past December. He took the opportunity of the Youth Health Initiative, funded by Impact the Cause in 2025, and claimed a spot.

The Youth Health Initiative was supported by the community through the Impact the Cause event and offers youth, ages 12 through 19, a one month free membership, one free personal training session, and a swag bag of fitness goodies at Impact Sports and Fitness.

Asher said, "I enjoy working out and seeing the people at Impact Sports and Fitness. My goal is to try to become a better athlete." Asher is from Solomon, and he enjoys sports and working.

Thank you Asher for taking part in the Youth Health Initiative. We are happy to have you at Impact Sports and Fitness.

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.



Asher uses the stair climber 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 VALENTINE'S DAY



A gift certificate from Impact Sports and Fitness makes a wonderful gift, and it's always the right size—perfect for giving that special someone a massage, a membership, classes, protein powder, training sessions, and more.

FEBRUARY IS AMERICAN HEART MONTH

Heart Disease is the number one killer in the United States and globally

HOW EXERCISE IS GOOD FOR THE HEART

Exercise is good for the heart because it strengthens the heart muscle and improves how efficiently the cardiovascular system works. Here are the main reasons:

- ◆ **Makes the heart stronger:** Regular exercise trains the heart to pump more blood with each beat, so it doesn't have to work as hard during daily activities.
- ◆ **Improves blood circulation:** Exercise helps blood flow more smoothly through the arteries, reducing stiffness and improving oxygen delivery to the body.
- ◆ **Lowers blood pressure:** Physical activity helps keep blood pressure in a healthy range, which reduces strain on the heart.
- ◆ **Improves cholesterol levels:** It increases "good" HDL cholesterol and lowers "bad" LDL cholesterol and triglycerides, reducing plaque buildup in arteries.
- ◆ **Helps control blood sugar:** Exercise improves insulin sensitivity, lowering the risk of type 2 diabetes—a major risk factor for heart disease.
- ◆ **Reduces inflammation:** Regular activity helps lower chronic inflammation that can damage blood vessels.
- ◆ **Helps maintain a healthy weight:** This reduces the workload on the heart and lowers the risk of heart disease.
- ◆ **Reduces stress:** Exercise lowers stress hormones and supports mental well-being, which benefits heart health.



Anita Larson, Impact Sports and Fitness Manager, recently spoke to the Preceptor Alpha Chapter of Beta Sigma Phi group in Abilene. Anita talked about the services, programs, classes, and staff at Impact Sports and Fitness, and how exercising can benefit people's overall health.

Even moderate activities like brisk walking, cycling, or swimming for about **30 minutes most days of the week** can make a big difference for heart health.



FEBRUARY CLASS SCHEDULE (2/2 – 2/27)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday			
5:30am			Boxmaster	Spin		Functional Fitness	8:00am	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.**