

MARCH 2026

The Bench Press

Get to Know Isabella Beasley, Impact Sports and Fitness Member

Newsletter of
Impact Sports and Fitness

Isabella Beasley started coming to Impact Sports and Fitness because she was bored. Now, it is much more.

A member for a couple of years, Isabella recently starting coming to Impact Sports and Fitness more consistently, becoming a regular part of the early morning crowd. She comes in most mornings before school with her dad. "I enjoy coming here because it helps me focus," Isabella said. "When I walk in, I forget about everything except lifting weights and becoming better. My mind is quiet."

Isabella began dance classes in Abilene when she was only three years old and, over the years, she has continued to work on and develop her strength and flexibility, but needed something more for her continued growth. As she entered middle school, she wanted to see what other sports she might enjoy. "I had some friends who were playing other sports, so I wanted to see if I liked that too," said Isabella. With new sports, Isabella knew she needed to add more to her usual fitness plan. "I may be young, but I'm smart and can learn fast," she continued. "I didn't learn how to ride a bike until I was 11, now I'm one of the best in my family."

Focusing her workouts on core and functional fitness, Isabella is developing habits to keep her on a strong and healthy track, as she gets ready to enter high school the next school year. Because of the increased fitness routine, and a newly found love of getting stronger, Isabella is planning to play more sports as a freshman in high school and is looking forward to the challenge of learning and growing in each sport.

Although she was born in Texas, Isabella has called Abilene home for most of her life. Living with a younger brother and sister, she knows the importance of setting a good example for them to follow, not only for fitness, but for overall wellness. "We've really tried to make changes, all of us, to eat better, workout, and just be healthier," Isabella stated.

In her spare time, Isabella enjoys basketball, dance, diamond art, and lifting weights. Although she is a busy middle-schooler, you will find her, most mornings, at Impact Sports and Fitness as a dedicated member of her new gym family.



Isabella Beasley gets in a morning workout 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**

Why Take a Class

at Impact Sports and Fitness



- Trainer-led
- All fitness levels welcome
- No one gets left behind
- We know your name

Find the monthly class schedule at: mhsks.org/impact

THANK YOU TO ALL WHO PARTICIPATED IN THE SIX-WEEK HEALTHY LIFESTYLE RESET AT IMPACT SPORTS AND FITNESS!

The drawing for the three prizes was held on February 10.

Congratulations to the winners:

One-hour massage: Chrissy Schubert

\$50 gift card: Andy Sutter

\$25 gift card: Terrie Reiff



St. Patrick's Day 2026

Tuesday, March 17

A REMINDER:

This month (March) is the last month for us being open on Sundays for the season. Sunday hours will return starting in October.

MARCH CLASS SCHEDULE (3/2 — 3/27) * no classes week of 3/16 (Spring Break)

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				
3:00pm		Parkinson's Program Boxmaster				Spin	5:30pm 5:30am	M TH
3:30pm				Parkinson's Program Boxmaster		Chair/Balance	10:15am	M/TH
4:30pm		Boxmaster				Yoga (Restore Flow)	5:30pm	W
4:45pm				Boxmaster		Senior Strength	8:30am	T/TH
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.