

APRIL 2026

# The Bench Press

## Get to Know Brent Wilson, Impact Sports and Fitness Member

Newsletter of Impact Sports and Fitness

Impact Sports and Fitness member, Brent Wilson, has been coming to the facility for over 30 years. He started coming when Memorial Health System began operating the facility, and lost 100 pounds!

Brent says that he has met some great people at Impact Sports and Fitness, and “they talk you into some crazy stuff.” “First, you can run a 5K, then a 10K, followed by a half-marathon in January (2026) – crazy! I ran a 10K underground for Groundhog Day,” said Brent.

Brent next embarked on adventure races including running, biking, and kayaking, to include playing with poison ivy! “Then came the craziest adventure... let’s do a half-marathon up Pikes Peak! I completed it twice, it was snowed-out once, and I turned around at the halfway point, once. After that, my friends started a bike group, and the adventures continued with participating in Bike Across Kansas, 100-mile gravel rides, and the list goes on,” Brent stated.

Brent, 63, is from Colorado Springs, Colorado but calls Abilene home after he “met a Kansas girl.” Brent and his wife, Stacy, continue to come to the gym regularly and also enjoy bicycle riding, charity rides, and rail trail rides in Kansas and the neighboring states.

Thank you, Brent, for bringing your smile, and Stacy, to be a part of the Impact Sports and Fitness “family.”

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](http://mhsks.org/impact), and follow us on Facebook and Instagram. Impact Sports and Fitness, your full-service fitness center in downtown Abilene.



*Brent Wilson on a spin bike 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](http://mhsks.org/impact)  
785-263-3888

**AVAILABLE  
NOW!!!  
BY APPOINTMENT**



**MEMORIAL HEALTH SYSTEM**  
Impact Sports and Fitness  
**ABILENE** Salina Regional Health Center



## Sunlighten mPulse Smart Sauna

Scan the QR codes with your smartphone to learn more about infrared, the Sunlighten difference, health benefits, and more.

**CUSTOMER  
EXPERIENCE GUIDE**

**WHAT IS INFRARED?  
VIDEO**



- Detoxification
- Sleep
- Anti-Aging
- Immunity
- Weight Loss
- Relaxation
- Heart Health
- Muscle Recovery

### APRIL CLASS SCHEDULE (3/30 — 4/24)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30am			Boxmaster	Spin		Functional Fitness 8:00am T/TH Come and gain strength with a variety of different workouts. <b>1X a week, monthly: \$15.00 member \$30.00 non</b> <b>2x a week, monthly: \$30.00 member \$60.00 non</b>
6:00am						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! <b>1X a week, monthly: \$15.00 member \$30.00 non</b>
8:00am		Functional Fitness		Functional Fitness		Boxmaster 4:30pm T 5:30am W 4:45pm TH High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster. <b>Monthly: \$15.00 member \$30.00 non</b>
8:30am		Senior Strength		Senior Strength		Parkinson's Program 3:00pm T Boxmaster 3:30pm TH Improve flexibility and range of motion. Improves posture, gait, strength and balance. <b>1x a week, monthly: \$15.00 member \$30.00 non</b> <b>2x a week, monthly: \$30.00 member \$60.00 non</b>
9:30am						Spin 5:30pm M 5:30am TH Jump on one of our indoor bikes to get your sweat on. <b>Monthly: \$15.00 member \$30.00 non</b>
10:00am						Chair/Balance 10:15am M/TH Exercises that help keep you upright and help prevent falls. <b>Monthly: \$15.00 member \$30.00 non</b>
10:15am	Chair/Balance			Chair/Balance		Yoga (Restore Flow) 5:30pm W Stretch your muscles and relax from the day. <b>Monthly: \$15.00 member \$30.00 non</b>
3:00pm		Parkinson's Program Boxmaster				Senior Strength 8:30am T/TH Learn a variety of machines and gain strength. <b>1X a week, monthly: \$15.00 member \$30.00 non</b> <b>2x a week, monthly: \$30.00 member \$60.00 non</b>
3:30pm				Parkinson's Program Boxmaster		
4:30pm		Boxmaster				
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.**