

MAY 2026

# The Bench Press

## Get to Know Ashton Woodcox, Impact Sports and Fitness Youth Member

Newsletter of Impact Sports and Fitness

Ashton Woodcox, 8, has been coming to Impact Sports and Fitness for just a couple of months, and is enjoying his time exercising at the facility.

Ashton comes with his grandparents from Enterprise to Impact Sports and Fitness. When Ashton was asked why he comes to Impact Sports and Fitness and what he enjoys about the facility, he replied, "I like to work out, and see the guys lift weights. I have my own badge (membership card) to check-in, and I like doing the treadmill. The people here are always friendly to me."

Ashton was baptized at the end of April. He is currently in the second grade, but is looking forward to summer. Ashton enjoys soccer, fishing, hunting, riding his bike, playing with his dog, and playing his Nintendo Switch/tablet.

Thank you Ashton for coming to Impact Sports and Fitness to exercise. We are happy to have you join us!

Children 8-11 years of age are allowed to come and use the equipment at Impact Sports and Fitness under the direct supervision of a parent/guardian.

Impact Sports and Fitness offers a variety of services including personal training – with nationally certified trainers, group classes, infrared sauna, 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.



Ashton uses the recumbent 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  
785-263-3888

### REMINDER:

We will be closed for  
Memorial Day, Monday, May 25th



# Sunlighten Infrared Sauna Therapy

AN ENJOYABLE, RELAXING EXPERIENCE.

Today's world places a toxic load on our bodies, from environmental toxicants to stress and anxiety that create inflammation and other symptoms. Sweat is one of the body's safest and most natural ways to heal and maintain good health. Sunlighten's high-quality infrared promotes an effortless, deep, productive sweat that will leave you feeling cleansed, refreshed and energized.



Sweat out the Toxins



Improve Sleep Quality



Boost the Immune System



Increase Metabolism and Burn Fat



Improve Heart Health



Repair Muscles Faster



Reverse Aging and Renew Skin



Experience Bliss and Reduce Stress

**AVAILABLE  
NOW!!!  
BY APPOINTMENT**

*The health benefits are many, and we are happy to offer this service here in Abilene, at Impact Sports and Fitness!*

30-minute sessions  
Rates—per session:

Member \$25

Non-member \$35

Unlimited monthly  
package:

Member \$100

Non—member \$150

## 12-WEEK TRANSFORMATION PROGRAM

Stop guessing. Start progressing.

- Customized workouts for your goals
- Monthly 1-on-1 coaching sessions to adjust and progress your plan
- A structured 3-month roadmap so you always know exactly what to do
- Designed for all fitness levels.

*Make fitness your life.*

No confusion. No wasted time.  
Just a plan that works.

Early Bird Special (ends May 1, 2026): \$149—regular rate \$179

Bring a Friend: 2 for \$299

READY TO TRANSFORM? LET'S GET STARTED!

Give us a call or stop in for more information at Impact Sports and Fitness.

## MAY CLASS SCHEDULE

(4/27 — 5/22) \* no classes week of 5/25 (Memorial Day)

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.