

JUNE 2026

# The Bench Press

## Get to Know Jay Potter, Impact Sports and Fitness Member

Newsletter of  
Impact Sports and Fitness

Impact Sports and Fitness member Jay Potter is fairly new to coming to the facility, as he has now been coming in for about one year as part of his fitness routine.

"I appreciate the quantity and variety of fitness equipment, the helpfulness and friendliness of the staff, and the comradery between the members of Impact Sports and Fitness," said Jay. "I also, very much, appreciate the fact that fifties and sixties era music is played in the gym up until noon daily," Jay continued with a smile.

Jay, 68, moved to Abilene from Albuquerque, New Mexico in 2005. His hobby is working out at Impact Sports and Fitness.

Thank you Jay for being a part of the Impact Sports and Fitness "family." We are happy you chose to come here.

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



Jay Potter gets ready to use the free weights at Impact Sports and Fitness.

**NEW CLASS!**



**FIRM  
FOUNDATION**

**A faith-based fitness class; low-impact strength training; beginner friendly workouts; all fitness levels welcome!**

**MONDAYS at 9:00 a.m., beginning in June**

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**

# LEVEL UP YOUR GAME THIS SUMMER & PREPARE FOR FALL!



Ages 12+ can use our gym to get stronger for summer and ready for fall sports.

Whether you're preparing for competition or just want to stay in shape, we have the space for you.



Youth ages 12 years of age and older are allowed to use the facility on their own. Contact us for more information.

*\*Kids ages 8-11 can also come use the facility, but MUST BE accompanied by an adult; adult supervision is required for safety.*

## 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.

Cost: \$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.

## JUNE CLASS SCHEDULE (6/1 — 6/26)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Name	Time	Days	Description
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: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 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: \$20.00 member \$40.00 non</b>
8:00am		Functional Fitness		Functional Fitness			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. <b>Monthly: \$20.00 member \$40.00 non</b>
8:30am		Senior Strength		Senior Strength			Parkinson's Program Boxmaster	3:00pm 3:30pm	T TH	Improve flexibility and range of motion. Improves posture, gait, strength and balance. <b>1x a week, monthly: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 non</b>
9:00am	Firm Foundation						Spin	5:30pm 5:30am	M TH	Jump on one of our indoor bikes to get your sweat on. <b>Monthly: \$20.00 member \$40.00 non</b>
10:00am							Chair/Balance	10:15am	M/TH	Exercises that help keep you upright and help prevent falls. <b>Monthly: \$20.00 member \$40.00 non</b>
10:15am	Chair/Balance			Chair/Balance			Yoga (Restore Flow)	5:30pm	W	Stretch your muscles and relax from the day. <b>Monthly: \$20.00 member \$40.00 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: \$20.00 member \$40.00 non</b> <b>2x a week, monthly: \$40.00 member \$80.00 non</b>
3:30pm				Parkinson's Program Boxmaster			Firm Foundation	9:00am	M	A faith-based fitness class – Building stronger bodies and stronger foundations. Beginner-friendly strength training for everyday life. <b>Monthly: \$20.00 member \$40.00 non</b>
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.