

JULY 2026

# The Bench Press

New class being offered

Newsletter of  
Impact Sports and Fitness

Follow us on  
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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

# FIRM FOUNDATION

A FAITH-BASED FITNESS CLASS

LOW-IMPACT STRENGTH TRAINING

BUILD STRENGTH | IMPROVE MOBILITY | GROW IN FAITH

Beginner friendly workouts in a welcoming, encouraging environment.

ALL FITNESS LEVELS WELCOME!



**MONDAYS**  
**AT 9 AM**

Cost:  
Members \$5  
Non-members \$10

*Stronger Together.*



MEMORIAL HEALTH SYSTEM  
Impact Sports and Fitness

ABILENE Salina Regional Health Center

785-263-3888

I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME.

PHILIPPIANS 4:13

MEMORIAL HEALTH SYSTEM  
Impact Sports and Fitness

ABILENE Salina Regional Health Center

418 N. Broadway  
Abilene, KS 67410

mhsks.org/impact  
785-263-3888



**WE WILL BE CLOSED**  
**JULY 3rd and JULY 4th**  
**Have a safe and fun Independence Day!**



# WHY JOIN IMPACT SPORTS AND FITNESS AND HIRE A PERSONAL TRAINER?

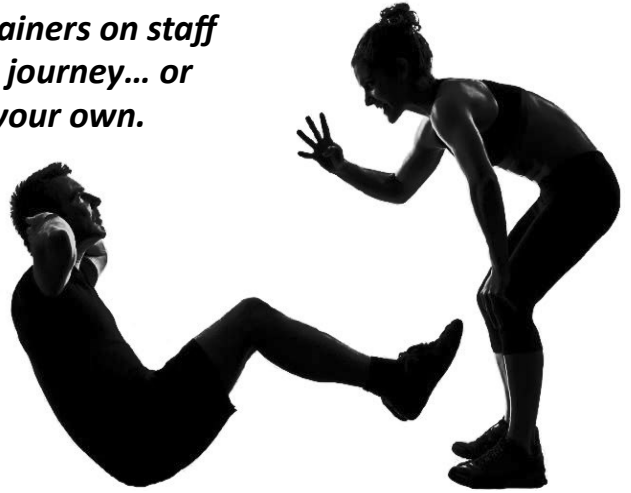
**One on one personal training available at Impact Sports and Fitness with any of our four Nationally Certified Personal Trainers on staff who are here to help you get started on your fitness journey... or provide the benefits below, if you are exercising on your own.**

**If you want to stop something that is bother you:**

- “Lose 10-20 pounds without wrecking your knees”
- “Get strong without living in the gym”
- “Finally stick to a routine after work”

**Benefits of hiring a personal trainer include:**

- Define fitness goals
- Create a personalized workout
- Teaches you proper form
- Provides motivation and celebration
- Holds you accountable
- Complacent no more
- Efficiency—will make the most of your workout time



**\$125**  
**5 SESSIONS**  
**30 MINUTES**  
**EACH**

**SAVE THE DATE**

**IMPACT THE CAUSE 2026**

**Saturday, Sept. 12**  
**at Memorial View Park and**  
**Walking Trail,**  
**Memorial Hospital, Abilene.**  
*Details coming soon!*

## JULY CLASS SCHEDULE (7/6 — 7/31) \* classes week of 6/29 at discretion of instructor

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 member</b> <b>2x a week, monthly: \$40.00 member \$80.00 non member</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 member</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 member</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 member</b> <b>2x a week, monthly: \$40.00 member \$80.00 non member</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 member</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 member</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 member</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 member</b> <b>2x a week, monthly: \$40.00 member \$80.00 non member</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 member</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.**