

AUGUST 2026

The Bench Press

Newsletter of
Impact Sports and Fitness

Welcome AnnMarie Schwarting to the Impact Sports and Fitness Team

Impact Sports & Fitness is excited to welcome a familiar face to our team! After being a dedicated member for over 30 years, AnnMarie Schwarting is stepping into a new role as one of our group fitness instructors.

Throughout the years, AnnMarie has participated in many of the group fitness classes offered at Impact Sports & Fitness, developing a passion for health, wellness, and helping others achieve their goals. Now, she's excited to inspire and motivate members from the front of the room.



"Fitness isn't just about looking good, it's about feeling unstoppable," says AnnMarie. "The confidence, discipline, and strength you build will elevate every other aspect of your life."

AnnMarie's personal fitness journey is nothing short of inspiring. She began bodybuilding at the age of 49 and, just one year later, earned her Organization

of Competitive Bodybuilders (OCB) Pro Card in 2022 at age 50. Since beginning her competitive career in 2019, she has competed in numerous bodybuilding competitions and has consistently achieved impressive results. She is now working toward her next goal of earning her International Federation of Bodybuilding (IFBB) Pro Card.

Whether she's leading a class or encouraging others to push beyond their limits, AnnMarie brings enthusiasm, determination, and a genuine passion for fitness to everything she does.

Please join us in welcoming AnnMarie Schwarting to the Impact Sports & Fitness team. We are excited for our members to experience her energy, knowledge, and commitment to helping others become stronger, healthier, and more confident.

A REMINDER:

We will be closed for Labor Day, Monday, Sept. 7



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

For more information and to register, use the QR code or visit: mhsks.org/impact-the-cause

**Pre-register online by August 7
for your t-shirt!**



Impact the CAUSE

2026

*Wellness for
Your Mind and Body*

Saturday, September 12

Memorial Health System
511 NE. 10th St., Abilene, KS.

Registration Opens at 7:00 AM

Event Begins at 8:00 AM

- 5K Run
- 2-Mile Fun Walk
- Obstacle Course
- Story Walk
- Food & Coffee Vendors



AUGUST CLASS SCHEDULE (8/3 — 8/28)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30am			Boxmaster	Spin			Functional Fitness 8:00am T/TH Come and gain strength with a variety of different workouts. 1X a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
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! 1X a week, monthly: \$20.00 member \$40.00 non
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. Monthly: \$20.00 member \$40.00 non
8:30am				Senior Strength			Parkinson's Program Boxmaster 3:00pm 3:30pm T TH Improve flexibility and range of motion. Improves posture, gait, strength and balance. 1x a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
9:00am							Spin 5:30pm M TH Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
10:00am		Firm Foundation					Chair/Balance 10:15am M/TH Exercises that help keep you upright and help prevent falls. Monthly: \$20.00 member \$40.00 non
10:15am	Chair/Balance			Chair/Balance			Yoga (Restore Flow) 5:30pm W Stretch your muscles and relax from the day. Monthly: \$20.00 member \$40.00 non
3:00pm		Parkinson's Program Boxmaster					Senior Strength 8:30am T/TH Learn a variety of machines and gain strength. 1X a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
3:30pm				Parkinson's Program Boxmaster			Firm Foundation 10:00am T A faith-based fitness class – Building stronger bodies and stronger foundations. Beginner-friendly strength training for everyday life. Monthly: \$20.00 member \$40.00 non
4:30pm		Boxmaster					
4:45pm				Boxmaster			
5:00pm							
5:30pm	Spin		Yoga "Restore Flow"	HIIT			
6:00pm							

PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.
*IN THE EVENT INSTRUCTOR MUST CANCEL, CREDIT WILL BE GIVEN.