

SEPTEMBER 2026

The Bench Press

THE SECOND
SATURDAY IN
SEPTEMBER...

Newsletter of
Impact Sports and Fitness

Impact
the
CAUSE

2026

Wellness for
Your Mind and Body

Hosted by Impact Sports & Fitness and
Memorial Health Foundation

Saturday, September 12

8:00 a.m. — Noon

Impact the Cause is an annual fundraiser with proceeds directed through the Memorial Health Foundation, which chooses and supports causes that align with the mission of Memorial Health System. This year's funds will support Wellness Prescriptions at Heartland Health Care Clinic. The program allows providers to connect patients with resources that encourage healthier lifestyles and help remove barriers to managing chronic health conditions. Wellness Prescriptions may include a free one-month membership to Impact Sports & Fitness, along with other supportive resources based on each patient's needs.

Registration opens at 7:00 a.m. (if did not pre-register online), with the 5K to start at 8:00 a.m.

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

**ACTIVITIES SUBJECT TO CHANGE.*

Event held rain or shine. No refunds.

Entry Fee

Pre-registration is \$30 for the 5K and 2-Mile Fun Walk. Enter via the QR code below. Entry fee includes a long-sleeved T-shirt, guaranteed if registered by Aug. 8. Race day entry fee is \$35 (no shirt guaranteed). Non-participant registration fee is \$30 (registering for a T-shirt and supporting a good cause). Entry fee does not include online registration fee and taxes.



REMINDERS:

We will be closed for Labor Day, Monday, Sept. 7 *no classes this week



SUNDAY HOURS RETURN OCT. - MAR., 2:00 p.m. - 5:00 p.m.



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

GOOD THROUGH SEPTEMBER 14, 2026



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

BACK TO SCHOOL SPECIAL

A GREAT OFFER FROM
IMPACT SPORTS AND FITNESS

FOR NEW
MEMBERS
ONLY
*AGE 16 & UP

Buy **10** personal training sessions and a membership, and you will receive five **FREE** infrared sauna sessions – a **\$125** value!

Offer good August 17, 2026 through September 14, 2026

For more information, or to get signed up, stop by Impact Sports and Fitness,
418 N. Broadway, Abilene or call 785-263-3888.

SEPTEMBER CLASS SCHEDULE (8/31 — 10/2) *No classes week of 9/7 (Labor Day)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am			Boxmaster	Spin	
6:00am					
8:00am		Functional Fitness		Functional Fitness	
8:30am		Senior Strength		Senior Strength	
9:00am					
10:00am		Firm Foundation			
10:15am	Chair/Balance			Chair/Balance	
3:00pm		Parkinson's Program Boxmaster			
3:30pm				Parkinson's Program Boxmaster	
4:30pm		Boxmaster			
4:45pm				Boxmaster	
5:00pm					
5:30pm	Spin			HIIT	
6:00pm					

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
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
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
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
Spin	5:30pm 5:30am	M TH	Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
Chair/Balance	10:15am	M/TH	Exercises that help keep you upright and help prevent falls. Monthly: \$20.00 member \$40.00 non
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
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

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