

OCTOBER 2026

The Bench Press

Impact
the
CAUSE

Newsletter of
Impact Sports and Fitness

THANK YOU! *We truly appreciate all who participated, sponsored, and volunteered. More photos can be found by visiting the Impact Sports and Fitness Facebook page.*



Follow us on
Facebook and
Instagram!



Membership Information

Single Membership:

\$38.00/month*

Family Membership:

\$61.00/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

WALKING MEMBERSHIP:

\$15.00/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

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

BEGINNING IN OCTOBER

Investing in a Better Experience for Our Members

At Impact Sports and Fitness, we are committed to providing our members with a facility and experience that supports your health, fitness, and overall well-being.

Over the coming months, we are making exciting improvements to Impact designed to make your membership more convenient, enjoyable, and valuable.

What's New?

An Improved Member Experience

We're making updates through the facility to create a cleaner, more modern, and welcoming environment for you to enjoy.



New Membership Software

We're upgrading our membership system to make managing your membership easier and more convenient. Our new system will provide improved access, communication, scheduling, and member services.

New Wellness Opportunities

We're expanding the ways you can take care of yourself at Impact, including our new infrared sauna and additional wellness-focused offerings.



Continued Investment in Equipment & Programming

We're continuing to evaluate our facility, equipment, programs, and services to ensure Impact remains a place where our members can achieve their goals.



A Membership That Continues to Grow With You



As we make these improvements and continue investing in Impact Sports & Fitness, membership rates will be changing beginning October 1, 2026.

We understand that any rate increase is an important consideration. This change allows us to continue investing in our facility, equipment, technology, and member experience while providing the quality and value our members deserve.

OCTOBER CLASS SCHEDULE (10/5 — 10/30)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		Parkinson's Program Boxmaster		
3:30pm						
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	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.**