

NOVEMBER 2026

The Bench Press

Newsletter of
ImpactSports and Fitness

FOUR NATIONALLY
CERTIFIED
PERSONAL TRAINERS
ARE AVAILABLE TO
YOU AT
IMPACT SPORTS
AND FITNESS

BENEFITS OF HIRING A PERSONAL TRAINER:

- Hold you Accountable
- Define Fitness Goals
- Personalized Workouts
- Teach Proper Form
- Gone is Complacency
- Efficiency
- Motivation and Celebration



Maurice specializes in these areas:

- Personal Training
- Corrective Exercise Specialist
- Strength & Conditioning
- Mobility & Flexibility
- Balance & Stability
- Long-term Health & Wellness
- Functional Fitness

Alecia specializes in these areas:

- Personal Training
- Nutrition Coaching
- Corrective Exercise Specialist
- Balance, Mobility, & Stretching

Mona specializes in these areas:

- Personal Training
- Strength & Muscle Building
- Toning & Body Recomposition
- Balance & Stability
- Beginner-friendly training

Adley specializes in these areas:

- Personal Training
- 1-on1 Strength Training
- Senior Strength
- Chair Balance
- Corrective Exercise Specialist
- Faith-based Approach
- Certified Nutritionist

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

We will be closed on Thanksgiving.

We will be open on the Friday AFTER Thanksgiving,
4 a.m. to 7 p.m. (normal hours) so you can work off
some of those turkey-day goodies!

HAVE A HAPPY THANKSGIVING!





♥ **THANK YOU FOR
YOUR PATIENCE!** ♥

AS WE HAVE BEEN WORKING THROUGH THE EXCITING CHANGES TOGETHER AT IMPACT SPORTS AND FITNESS!

Investing in a Better Experience for Our Members

Impact Sports and Fitness is excited about our continued transition to a new computer system for our staff and members, called



As we continue to work through the launch, there may be a few bumps along the way. We appreciate your patience, understanding, and flexibility while our staff gets everything running smoothly.

THANK YOU for being part of the Impact Sports and Fitness family!

NOVEMBER CLASS SCHEDULE (11/2 — 11/20) *No classes week of Nov. 23rd

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 member 2x a week, monthly: \$40.00 member \$80.00 non member
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 member
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 member
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 member 2x a week, monthly: \$40.00 member \$80.00 non member
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 member
Chair/Balance	10:15am	M/TH	Exercises that help keep you upright and help prevent falls. Monthly: \$20.00 member \$40.00 non member
Senior Strength	8:30am	T/TH	Learn a variety of machines and gain strength. 1X a week, monthly: \$20.00 member \$40.00 non member 2x a week, monthly: \$40.00 member \$80.00 non member
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 member

PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.

*IN THE EVENT INSTRUCTOR MUST CANCEL, CREDIT WILL BE GIVEN.