

APRIL 2025

The Bench Press

Get to Know Jenni Klein, Impact Sports and Fitness Member

Newsletter of
Impact Sports and Fitness

Impact Sports and Fitness member, Jenni Klein, has been coming to the facility since 2019. She started coming with a group of nurses from Memorial Hospital for a fitness class.

“I’ve always been into working out/fitness, but especially got more into it once I went to college and participated as a cheerleader,” said Jenni. She has continued to come to Impact Sports and Fitness, and still participates in group fitness over her lunch hour.

Jenni is originally from McPherson, and lives in Abilene. She is married with two children. When she isn’t working, she enjoys being with family and her children. Jenni also enjoys being an assistant cheerleading coach for Abilene High school for the past five years.

Thank you Jenni for being a part of the Impact Sports and Fitness “family,” and for making us a part of your fitness journey.

Impact Sports and Fitness offers a variety of services including personal training – with nationally certified trainers, group classes, and an array of strengthening and weight machines. We are a fitness center for all ages and levels of ability... it doesn’t matter if you’re a beginner, an athlete, or anywhere in between – you will feel right at home. Visit us online at: mhsks.org/impact, and follow us on Facebook and Instagram. Impact Sports and Fitness, your full-service fitness center in downtown Abilene.

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Impact Sports and Fitness member, Jenni Klein, working out doing shoulder presses with dumbbells.

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**

GROUP CHAIR / BALANCE CLASS at Impact Sports and Fitness in Abilene

Mondays & Thursdays at 10:15 a.m.

Adley, Certified Personal Trainer, leads this class that will help improve balance, increase coordination and strength, enhance stability, mobility, flexibility, and joint health — helping exercise performance and decreasing the risk of falls. These improvements allow you to move freely and steadily, and will help make it easier to perform daily tasks. This seated and standing class involves no floor work, making it perfect for those who have difficulty getting down or up from the floor.

Drop in rate of only \$5 for members, \$10 non-members, for each 30-minute class.

Contact Impact Sports and Fitness for more information at 785-263-3888 or stop in at 418 N. Broadway in downtown Abilene.



Sessions Will Improve:

- Strength
- Flexibility
- Mobility
- Range of Motion
- Balance
- Everyday Living Skills

GROUP TRAINING:

- 2+ people/5 sessions
- 2 \$65.00 per person
- 3 \$55.00 per person
- 4 \$45.00 per person
- 5 \$35.00 per person
- 6+ \$25.00 per person



For more information please call: 785-263-3888

Don't forget to ask us about our off-site training options!



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

**WE HAVE FIVE NATIONALLY
CERTIFIED PERSONAL TRAINERS
AVAILABLE FOR YOU**



TRY US OUT!

**1ST TIME MEMBERS GET
50% OFF
YOUR FIRST 90 DAYS**

* First 90 days with discounted price must be paid upon sign up.

APRIL CLASS SCHEDULE

(3/31 — 4/25)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			Boxmaster	Spin		
6:00am						
8:00am		Fun		Fun		
9:00am						
9:30am			Everybody Flow			
10:00am						
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		Restore Flow	HIIT		

Fun	8:00am	T/TH	Come and be surprised – you will have FUN! You might be faced with resistance bands, TRX, or even medicine balls! 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
Yoga (Everybody Flow) (Restore Flow)	9:30am 5:30pm	W W	Start your day and get energized and focused. Stretch your muscles and relax from the day. 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.**