

JUNE 2025

The Bench Press

Get to Know James Stout, Impact Sports and Fitness Member

Impact Sports and Fitness member James Stout, 53, pushes himself to stay fit. He has been coming to the facility for over 20 years as part of his workout routine.

"There's a friendly atmosphere at Impact Sports and Fitness; it's clean and organized, and there is, usually, good music playing," James said with a smile. "The people here are fun and friendly – it is great, anytime of the day, to see other members, and improve your health," he continued.

James grew up in Abilene, and still calls Abilene home. James and his wife Becky have four "wonderful" adult daughters and two grandchildren who they enjoy spending time with. James has also coached wrestling at Abilene High School for 29 years.

Thank you, James, for making Impact Sports and Fitness a part of your life, and for being part of the Impact Sports and Fitness "family."

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.

Newsletter of Impact Sports and Fitness



Impact Sports and Fitness member, James Stout, lifts 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**

**A GREAT TIME TO GIVE
US A TRY! BE SURE TO
TELL A FRIEND**



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.

KIDS FITNESS CAMP
JUNE 2 - 6, 2025

LEVEL 1: ages 5 - 8
10:00 A.M. to 10:45 A.M.

LEVEL 2: ages 9 - 12
11:00 A.M. to 11:45 A.M.

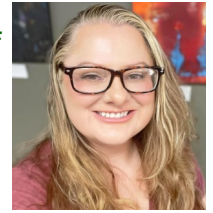
\$40 Per Person

TO GET SIGNED UP, CALL
IMPACT SPORTS AND FITNESS
AT 785-263-3888 OR STOP BY
AT 418 N. BROADWAY
IN ABILENE

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

MASSAGE THERAPIST JOINS STAFF

Impact Sports and Fitness in Abilene announces the addition of Kimberly Vega to the staff as a Massage Therapist.



Kimberly has been a Certified Massage Therapist since 1999. She has trained at three massage schools, most recently Fort Hays State University, and has completed countless continuing education courses – including a sports massage training with the massage therapist of Patrick Mahomes.

Kimberly specializes in therapeutic work, like lymphatic drainage, also pre/post-op care, frozen shoulder, TMJ (temporomandibular joint), and migraines. Her client-led sessions blend relaxation and results, using tools like stretching, bamboo, barefoot massage, cupping, and hot stones.

Kimberly is originally from Colorado, but has lived in Salina for 22 years. She is a proud mother of three, and loves spending time outdoors whenever she can.

Impact Sports and Fitness is excited to add Kimberly as a Massage Therapist to their staff of fitness professionals. She will be available for Saturday appointments, beginning May 17, from 7:00 a.m. to noon. For more information about Impact Sports and Fitness, an affiliate of Memorial Health System, visit mhsks.org/impact.

JUNE CLASS SCHEDULE

(6/2 — 6/27)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30am			Boxmaster	Spin			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
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		Fun		Fun			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
9:00am			Everybody Flow				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
9:30am							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
10:00am							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 (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
3:00pm		Parkinson's Program Boxmaster		Parkinson's Program Boxmaster			
3:30pm							
4:30pm		Boxmaster					
4:45pm				Boxmaster			
5:00pm							
5:30pm	Spin		Restore Flow	HIIT			

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