



NEWSLETTER

SEPTEMBER, 2023



MAKE YOUR MOVE

JOIN NOW!

\$0 joiner fee Sept 5-30 only

Lowest price of the season, best value & variety in the area!

Start moving, get stronger, live healthier at Family Wellness.

[LEARN MORE](#)



PERSONAL & SMALL GROUP TRAINING

Whether you need the energy and encouragement of a group, or one on one focus and support, try a training program to find the motivation and accountability you need to see the results you want and reach your wellness goals. Register for personal or group training today to get on your way to being the best version of you!

Noon Express

Sept 11-28

Oct 2-26

Mon & Thurs

12:15-12:45pm

Sept

\$55 Members

\$75 Non Members

Oct

\$75 Members

\$100 Non Members

Burn some serious calories with this fast & furious boxing based strength training program.

Boxing & Barre

Sept 11-28

Oct 2-26

Mon & Thurs

5:15-6pm

Sept

\$75 Members

\$100 Non Members

Oct

\$100 Members

\$125 Non Members

End your day strong with this exciting & effective muscle building fat burning program.

HIIT Me Up

Sept 12-28.

Oct 3-26

Tues & Thurs

6-6:45am

Sept

\$75 Members

\$100 Non Members

Oct

\$100 Members

\$125 Non Members

We'll get you motivated & moving with this high intensity interval training program.

Weight & Wild

Sept 11-27

Oct 2-25

Mon & Wed

6-6:45am

Sept

ABLetics

Sept 12-28

Oct 3-26

Tues & Thurs

9:30-10:15am

Sept

Run Right w/Rachael

Sept 12-28

Oct 3-26

Tues & Thurs

6-6:45am

Sept

\$75 Members
 \$100 Non Members
 Oct
 \$100 Members
 \$125 Non Members
 Experience weight & equipment based strength training combined with cardio work in this exciting program.

REGISTER

\$75 Members
 \$100 Non Members
 Oct
 \$100 Members
 \$125 Non Members
 Cut your workout to the core in this fun & challenging new fitcamp.

Wellness Center

-WC Orientation
 -Life Fitness On Demand
 -Personal Training
 Talk with a Fitness Associate for more information or to sign up.

\$75 Members
 \$100 Non Members
 Oct
 \$100 Members
 \$125 Non Members
 Work with an experienced coach to build strength improve technique & make running easier.

Nutrition Add On:

Add a general nutrition outline to your bootcamp to help keep you on track with your goals.
 \$25 Members, \$35 Non Members

SPECIALTY WELLNESS

Work on your wellness, build strength, stamina and endurance and improve your overall quality of life, with our specialty wellness programs! With classes and sessions designed to support specific individuals and activities available to the whole community, a wide variety of health and wellness opportunities are offered for all ages and abilities. Come in and be the change you want to see in yourself!



Wellness Challenges

Weekly
 Free for Members
 Take your fitness to the next level & enjoy fun & challenging workouts with this free Members Only program!

Join the private Facebook group [HERE](#) to get started!

YMCA360

A free online platform for members including group fitness classes, trainer tips, recipes, family programs, senior activities and more. Watch the website for details.

Active as we Age

Free 12 week exercise & education program for adults 55+ & or living with osteoporosis, arthritis, or osteoarthritis. Beginning Mon Sept 11 Mon & Wed 1-2:30pm Free for the Community

REGISTER

Wellness Coaching

Work with a certified holistic nutritionist to personalize a wellness program that helps you be your best you!
 Special 1 Hour Consultation
 \$80 Members
 \$100 Non-Members

Intro to Wellness Coaching

Find the perfect starting point for beginning your total wellness journey & to becoming stronger & healthier!
 4 Week Plan
 \$275 Members
 \$295 Non-Members

Fitness Program Design

Work one on one with a certified personal trainer to establish a wellness plan & fitness program that will support your success!
 4 Week Plan
 \$250 Members Only

Fitness & Nutrition Program Design

This special personalized wellness program pairs you with a certified nutritionist & trainer to

Rock Steady Boxing

Work with certified coaches to get stronger, improve mobility & balance & live better with Parkinson's disease.

Heart Strong

A wellness program for individuals who have experienced or are looking to prevent a cardiac event.
 Mon Wed & Fri
 Free for Members

Wellness Education Series

Learn all about a variety of wonderful ways to live a healthier, happier lifestyle.
 Hormone Health
 Thurs Sept 14 5:15pm
 Gut Health
 Thurs Oct 12 6:15pm
 Metabolism Boost
 Thurs Nov 9 6:15pm
 \$25 Members
 \$40 Non Members

tailor an exercise & nutrition plan
specifically to you!
4 Week Plan
\$200 Members
\$225 Non-Members



GROUP FITNESS

You can feel the burn in a fiery BodyCombat class, relax and unwind with gentle yoga, or take a quick spin in the cycle studio. With something for all levels and abilities, our certified instructors lead hundreds of fun group fitness classes each month, at all times of day, to keep you moving, healthy and active. Group fitness classes are always free for members!

Check the mobile app & website for full schedule & class info: dozens of formats available & hundreds of sessions offered each month. Regular group fitness classes are free for members!

[LEARN MORE](#)

YOUTH SPORTS

When children participate in youth sports, they do far more than develop athletic abilities. They learn the value of teamwork, sportsmanship and responsibility, on and off the court or field. Support your child in gaining self confidence by registering them for one of our great youth sports programs today!



Competitive & recreational sports programs to teach young people athletic knowledge, skills & teamwork.

K-3rd Grade Volleyball

Program
Sept 11-Oct 29
Mon-Thurs
4:30, 5:30 or 6:30pm
Games Sat
Register
Jul 31-Aug 28 Member
Aug 3-28 Non
Fees
\$53 Member
\$97 Non

4-6th Grade Volleyball

Program
Oct 30-Dec 16
Mon-Thurs
4:30, 5:30 or 6:30pm
Games Sat
Register
Sept 18-Oct 16 Member
Sept 21-Oct 16 Non
Fees
\$53 Member
\$97 Non

Itty Bitty Activities

Ages 3-5
\$35 Member
\$55 Non

Basketball

Sept 10-Oct 1
Reg Aug 14-Sept 4
Sun 3 or 4pm

Oct 12-Nov 2
Reg Sept 11-Oct 2
Thurs 9 or 10am

Football

Oct 8-29
Reg Sept 11-Oct 2
Sun 3 or 4pm

Volleyball

Nov 12-Dec 10
Reg Oct 16-Nov 6

[REGISTER](#)

Sun 3 or 4pm

YOUTH & FAMILY

Your kids don't need more toys or friends, they need more time with you! Enjoy fun and exciting family activities, including open gym and track time for families. Many of our family activities are free with your membership!



Family Fun Gym Time

Labor Day-Memorial Day
Tues & Thurs
10:30am-12pm
Free for Members

Enjoy an inflatable, ride on toys, sports equipment, track time & fun with your family.

REGISTER

Youth Fitness

For Children Ages 5-12
Mon 6:30pm
Sept 11, 18 & 25
Oct 2, 9, 16 & 23
Nov 6, 13, 20 & 27

Free for the Community
Keeping kids moving, active & having fun!

Jr. Wellness Center Orientation

Youth Ages 10-12
\$40 Members
2 - 45 Minute Sessions
Youth ages 10-12 who complete this orientation are welcome to utilize our Wellness Center without the supervision of a parent or guardian.

CAREERS

A career at Family Wellness is more than just a job, it's an opportunity to be a part of something more. It's the chance to bring about meaningful change, not only in your community but in yourself too. Family Wellness offers seasonal, part-time and full-time job opportunities.

Family Wellness Employees Enjoy:

- A unique culture & employment experience unlike any other!
- Free membership
- Excellent benefits for full time (36+ hrs) and tier 1 part time (30-35 hrs)
- Fun, flexible, rewarding work environment
- Opportunities to learn, grow & advance!

Apply now and make a real impact with your work!

- Member Services Representatives
- Child Watch Caregiver
- Supervisor on Duty
- Youth Development Center Mandan
Afternoon Teaching Assistant

Job Opportunities:

APPLY

SPECIAL EVENTS

We are always working on something special, to keep our community connected, safe and healthy. Please join us for these fun and exciting activities for a wonderful, welcoming wellness experience!



Visit our website for current information.

[LEARN MORE](#)

FACILITIES

We work hard to give you the greatest member experience possible, by making sure our facilities and equipment are always clean and in good repair. When we are making improvements to a space, we appreciate your patience and understanding and will always do our best to provide alternatives, so you never miss out on your workout or program!

Labor Day Hours

Mon Sept 4
7am-12pm

[LEARN MORE](#)

Visit our website for current information.

YMCA

As a Family Wellness member, you also have full access to the YMCA in Bismarck. Be sure to visit their website to see all the wonderful programs and services available to you throughout our network, including additional group fitness class, training sessions, recreation and sports opportunities, and of course, the Family Splash Center!

Visit the Y's website or see their current newsletter for program & service information.

[WEBSITE](#)

Connect with us on:



Family Wellness
[Familywellnessbisman.org](https://familywellnessbisman.org)

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