



MONTHLY MEMBER FEATURE



“Our bodies are our gardens – our wills are our gardeners.”

– William Shakespeare

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SPOTLIGHTS

SETH

**Family
wellness**
A PARTNERSHIP BETWEEN SANFORD

MEMBER SPOTLIGHT



How long have you been working out?

I've been working out since my early teen years mainly starting due to playing sports. Let's say more than 30 years now :)

What successes have you seen with maintaining a healthy lifestyle?

I feel that later in life a healthy lifestyle has had an even more vital and positive impact on things like bmx racing, active family life as well as career. Take the time to prioritize your health and well-being today, and you can reap the rewards in your life and career tomorrow.

What advice do you have for people to stay motivated?

I really train for life. Physically, mentally, spiritually. The more we can prepare for it daily the better we can handle life's constant twists and turns. "Do what you can with all you have, wherever you are."

What activities would you recommend members at Family Wellness?

Fitness classes are great, Lots of cardio equipment for all levels of people as well as weights. It really depends on the individual and what interests they have. There is something for everyone at Family Wellness and for those who need accountability or guidance sign up with a personal trainer.

What is your favorite thing about staying active?

Enjoying life with my wife and family and staying on top of my game the best I can!



CLIENT SPOTLIGHT

KIRSTEN



Why did you decide to start your personal training journey?
I felt my kids and I really needed to improve our physical health and strength, but I didn't know how and where to start. So, I decided to get help from my good friend who was starting her personal trainer journey. I figured the timing was perfect, because I could help her and my kids while helping myself.

What has kept you motivated since you've started?
When we first started, my motivation was to make sure my kids were not only strength training, but learning how to do it correctly. As time has gone on, my motivation has shifted more to all the benefits I'm seeing in myself, both mentally and physically. The exercise journey I'm on with my personal trainer has definitely improved my quality of life.

What is one goal that you have met since you've started your journey?
When I started my journey, I was suffering from low back and joint stiffness, which affected my overall strength and balance. Due to this I had to use a knee brace to exercise, which was annoying to wear. I really wanted to get rid of it and recently I hit a major goal and I no longer have to use my knee brace!

PERSONAL & 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!



Weight & Wild

Apr 1-24
Mon & Wed
6-6:45am
\$100 Members
\$125 Non Members
May 6-22
Mon & Wed
6-6:45am
\$75 Members
\$100 Non Members
Experience weight & equipment based strength training combined with cardio work in this exciting program.

ABLeTics

Apr 1-24
Mon & Wed
5-5:45pm
\$100 Members
\$125 Non Members
May 6-22
Mon & Wed
6-6:45am
\$75 Members
\$100 Non Members
Cut your workout to the core in this fun & challenging fitcamp.

Golden Fit

Apr 2-26
Tues & Thurs
1-1:45pm
\$100 Members
\$125 Non Members
May 7-23
Tues & Thurs
1-1:45pm
\$75 Members
\$100 Non Members
Familiarize yourself with fitness equipment workouts in this small group training program designed for older active adults.

NEW Outdoor

May 6-22
Mon & Wed
6-6:45pm
\$75 Members
\$100 Non Members
Enjoy a fun exciting workout full of fresh air in the great outdoors!

Noon Express

Apr 1-26
Mon & Fri
12-12:30pm
\$75 Members
\$100 Non Members
May 6-24
Mon & Fri
12-12:30pm
\$55 Members
\$75 Non Members
Get in get a great workout & get on your way with this fast & furious lunch break bootcamp.

Wellness Center

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

REGISTER



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

Fitness Program Design

Work one on one with a certified personal trainer to establish a

Rock Steady Boxing

Work with certified coaches to get stronger, improve mobility & balance & live better with

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!

Active As We Age

Free 12 week exercise & education program for adults 55+ & or living with osteoporosis, arthritis, or osteoarthritis. Free for the Community.

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.

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 tailor an exercise & nutrition plan specifically to you!

4 Week Plan
\$200 Members
\$225 Non-Members

Parkinson's disease. Contact Taija at 701-751-9804 or taija.bohn@familywellnessbismar.org for more information.

Mon & Thurs
4-5pm

Apr 8-May 16
Registration: Mar 25-Apr 5

Mon & Thurs
4-5pm

Heart Strong

A wellness program for individuals who have experienced or are looking to prevent a cardiac event. Checks for blood pressure, oxygen & weight with workout & recipe recommendations. Available in the Wellness Center.

Mon Wed & Fri
Free for Members

REGISTER

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!



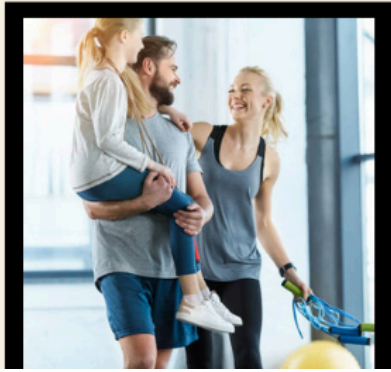
Body Format Launches

Bodycombat - Apr 14-20
Bodypump - Apr 21-27
Bodyattack - Apr 28-May 4

Fun & challenging changes to familiar group fitness formats. 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 & FAMILY

Your kids don't need more toys or friends, they need more time with you! Enjoy fun and exciting family activities, including bouncing on the inflatable, running on the track or shooting hoops. 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, & fun with your family.

Family Track Time

Labor Day-Memorial Day
Mon-Fri
6:30-8pm
Sun 1-5pm
Free for Members

Open track time for families to have fun & get moving together.

Youth Fitness

For Children Ages 5-12
Mon 6:30pm
Apr 8, 15, 22 & 30
May 7
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.

REGISTER

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.

REGISTER

PreK-1st Grade Boys & Girls

Program
April 15-May 25
Monday-Thursday
4:30, 5:30 or 6:30pm
Games Saturday
Registration
February 26-March 25
Member
February 29-March 25
Non Member
Fees

Itty Bitty Activities

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

Baseball

Jun 6-27
Reg Apr 29-May 27
Thurs 10am, 5:30 or 6:30pm

Jul 11-Aug 1
Reg Apr 29-Jul 1

\$53 Member
\$97 Non Member

Thurs 10am, 5:30 or 6:30pm

Soccer

Jun 3-24

Reg Apr 29-May 27

Mon 10am, 5:30 or 6:30pm

Jul 8-29

Reg Apr 29-Jul 1

Mon 10am, 5:30 or 6:30pm

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!

Job Opportunities:

APPLY

Apply now and make a real impact with your work!



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!

Visit our website for current information.

LEARN MORE

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!



PICK A PERK

Stay fit this summer & we'll reward you this fall!

Plenty of Perks!

- 3 Free Guest Passes
- \$10 Off Any Program
- 1 Free Personal Training Session

Let Family Wellness support your health & fitness all summer long! Stay moving & keep your membership active for the months of May, June & July, and you'll receive a digital coupon to claim your reward in August!

Donations Needed: Baked Goods

Please consider a donation of some homemade tasty treats for our bake sale from April 8-12, benefiting community wellness programs.

Please drop off donations at Member Services on Friday, April 5 or Monday, April 8.

Visit our website for current information.

[LEARN MORE](#)

GIVE TO IMPROVE COMMUNITY WELLNESS

All proceeds from our fundraising efforts support our free Active As We Age, Rock Steady Boxing, Youth Fitness, Youth Development Pass & Membership Financial Assistance programs for the health & wellness of youth, seniors & families in our community.



Bootcamps for Bucks

Mon Apr 8, 10:30am

Wed Apr 10, 6pm

Fri Apr 12, 12pm

Suggested donation \$10 each

Get in a great workout (or three!) while supporting free & reduced programs & services for youth, seniors & families in our community, in this series of fun fitness fundraising bootcamps, during Give to Improve Community Wellness week at Family Wellness!

Dance for Donations

Club Cardio

Sun Apr 14

1:30-3pm

Free will donations

Bake Sale

Apr 8-12

In the Wellness Center/Member Services

Enjoy some special sweet treats while supporting the health & wellness of youth, seniors & families in our community!

Family Wellness Jr. T-Shirts

Apr 8-12

At Member Services

\$5 Each

Show your Family Wellness spirit with some fun merch that helps make a stronger, safer, healthier community!

Join some of the greatest group fitness instructors
around for this groovy dance party FUNdraiser!

LEARN MORE



YMCA

As a Family Wellness member, you also have full access to the Y 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 much more!

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

WEBSITE

NEWSLETTER

Connect with us on:



Family Wellness
[Familywellnessbismarck.org](https://familywellnessbismarck.org)

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