



MONTHLY MEMBER FEATURE



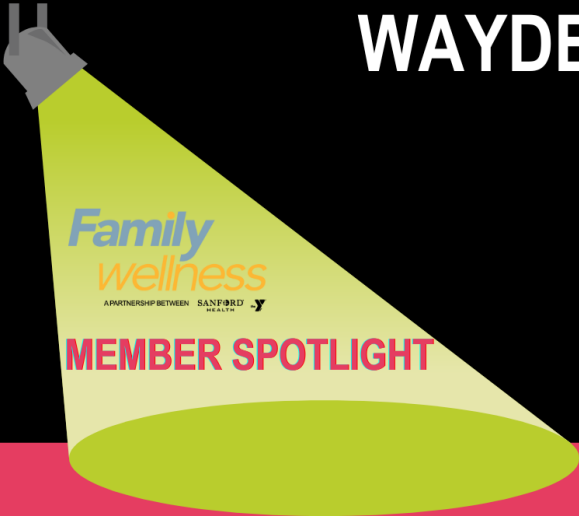
Youth sports registration is now open!

Sign your kids up for Itty Bitty activities today & keep them moving, active & having fun all summer long.

[LEARN MORE](#)

SPOTLIGHTS

WAYDE



MEMBER SPOTLIGHT



How long have you been working out?

Been working out or more so “Staying Active” since high school years as I was involved in numerous sports. In college I played baseball so we had workouts with that but got into it more consistently after college was over. Been hitting it hard for the last 8 years or so.

What successes have you seen with maintaining a healthy lifestyle?

I think that as active as we are as a family and as active as I need to be with my job, it shows on the daily, how important it is to take care of yourself. It gives me the energy and ability to stay active with all the demands a “sporting family” requires and it allows me to be involved heavily with the athletes that I work with. You only get one body so treat it like you want it to work forever.

Do you have any advice for people to stay motivated?

Take your workouts day by day and week by week! Set small goals that are attainable. It's ok to vision where you want to be in the next year, but there are 365 individual opportunities prior to getting there. Make taking care of YOU a high priority because you can't help others if you don't take care of you.

What activities would you recommend members at Family Wellness?

I think that it is important to get involved in something that you like and look forward to doing whether that be a class, having a trainer, etc. I think cardio is important because if your ticker isn't working either are you. Weight training is important, especially as we get older. Having some extra muscle around the bones and bone density is important. Besides strength training keeps your body burning calories longer as it works to repair tissue, etc.

What is your favorite thing about staying active?

I look forward to my workout each day. It is a time to focus and clear my brain for the day and probably burn off the crazy! :) I know it is making me a better me and giving me the ability to enjoy all we can in this life with my wife and children and hound dog. Live your “Dash” to the fullest!

KARMIN



CLIENT SPOTLIGHT

Why did you decide to start your personal training journey?
I started my personal training journey after an injury that required physical therapy and realized I needed to get into better physical health. I wanted to be stronger so if I was ever in a similar situation hopefully, I wouldn't need the PT or it wouldn't be so long.

What has kept you motivated since you've started?
I love that my trainer will push me to try new things and provide harder workouts every time I'm with them. There are times I'm amazed I can lift and do certain things and it's all because my trainer is there making me feel safe and encouraging me to try. I feel more confident in what I can do and that attitude carries outside the gym.

What is one goal that you have met since you've started your journey?
One goal that I have met so far at the gym is that I'm still going! I joined Family Wellness in 2020 and they have become a part of my day. I enjoy getting to know the staff and miss the days I'm not able to get in a workout.



MARY



TRAINER SPOTLIGHT

What is your fitness philosophy?
Every day strive to be active and eat a balanced diet.

What are your qualifications?
Certified Personal Trainer through ISSA.

What made you want to be a personal trainer?
After my career as an educator, I wanted to help someone develop tools to live a healthier lifestyle!

How do you stay fit?
I practice what I preach! I make a conscious choice to be active daily.

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

Jun 3-26
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

Jun 3-26
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

Jun 4-27
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.

Outdoor

Jun 3-26
6-6:45pm
\$100 Members
\$125 Non Members
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

Jun 3-28
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

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

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

Mon & Thurs
4-5pm

May 20-Jun 27
Registration: May 6-17

July 1-Aug 8
Registration: Jun 17-28

:
Aug 12-Sept 19
Registration: Jul 29-Aug 9

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

Bodyattack - Apr 28-May 4

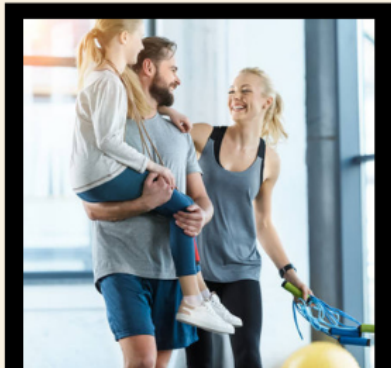
Fun & challenging changes to familiar group fitness formats. Free for Members.

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](#)

**Instructor Spotlight: Kris Miller**

"I love to dance especially in Zumba Gold with the people who attend. It makes it my favorite class to teach! This class is a perfect combination of fun, easy and no impact!"



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 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.

Adaptive Youth Wellness

Jul 16 & 17, 6-7pm
Free for the Community
In the gymnasium at Family Wellness
Register before Jul 10

Fitness, sports & recreation for children with diverse abilities.

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.

Itty Bitty Activities

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

Soccer

Jun 3-24
Reg Apr 29-May 27
Mon 10am, 5:30 or 6:30pm

REGISTER

Baseball

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

Jul 8-29

Reg Apr 29-Jul 1
Mon 10am, 5:30 or 6:30pm

Jul 11-Aug 1

Reg Apr 29-Jul 1
Thurs 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:

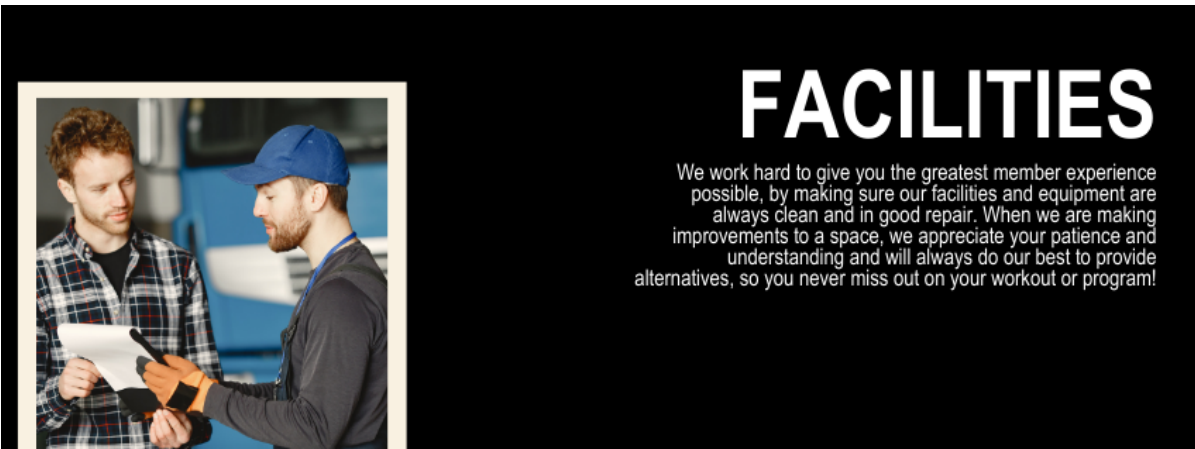
- A unique culture & employment experience unlike any other!
- Free membership
- Excellent benefits for full time (36+ hrs) and tier 1 part time (30-35 hrs)
- Fun, flexible, rewarding work environment
- Opportunities to learn, grow & advance!

Job Opportunities:

Fitness Associate

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!

Memorial Day Hours

Mon May 27
7am-12pm

See web/social/app for modified program & activity schedules.

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!

SUMMER STUDENT MEMBERSHIP

Just \$99
Ages 19-25
Purchase May 1-31
Membership Expires August 17

Includes free group fitness classes, huge fitness centers, Y360 virtual programming, pools, gyms, tracks, program discounts & much more!

Visit our website for current information.

[LEARN 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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