



MONTHLY MEMBER FEATURE



WELLNESS CHALLENGES

Enjoy healthy recipes, wellness tips & helpful exercises with our private Facebook group offering free wellness challenges to all members!

[LEARN MORE](#)

MAKE YOUR MOVE (YOUR WEEKLY EXERCISE)



TRX Lunges

The TRX Lunge is a must for anyone who wants to improve their lower limb strength, endurance, balance & overall function. The movement is a great functional exercise that works the foot/ankle, knee/hip joints along with the associated muscles, ligaments & tendons.

[LEARN MORE](#)

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!



ABLetics

Jul 10-26
Mon & Wed
5-5:45pm
\$75 Members
\$100 Non Members
Cut your workout to the core in this fun & challenging fitcamp.

Outdoor

Jul 10-26
Mon & Wed
5-5:45pm
\$75 Members
\$100 Non Members
Enjoy a fun exciting workout full of fresh air in the great outdoors!

Noon Express

Jul 10-28
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.

Pop Up Outdoor Bootcamp

Sat Jun 30
10-10:45am
\$10 Members
\$20 Non Members
Enjoy some 4th of July themed fitness fun in the sun with Trainer Julie!

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

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.

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

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 tailor an exercise & nutrition plan specifically to you!

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

Rock Steady Boxing

Work with certified coaches to get stronger, improve mobility & balance & live better with Parkinson's disease. Contact Taija at 701-751-9804 or taija.bohn@familywellnessbismar.org for more information.

Mon & Thurs
4-5pm

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!



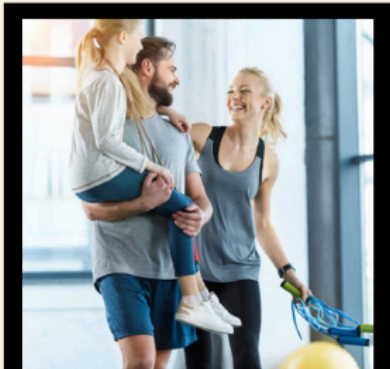
Check the mobile app & website for full schedule & class info: dozens of formats available & hundreds of sessions offered each month. Regular group fitness classes are free for members!

[LEARN MORE](#)



FORMAT FEATURE: CLUB ZUMBA

Join in the party, dancing a familiar format under fun and festive lights! Zumba is a calorie-burning dance fitness party where Latin and World rhythms are combined with easy-to-follow moves. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.



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!

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

Jul 8-29
Reg Apr 29-Jul 1
Mon 10am, 5:30 or 6:30pm

Baseball

Jul 11-Aug 1
Reg Apr 29-Jul 1
Thurs 10am, 5:30 or 6:30pm

REGISTER

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!

Job Opportunities:

- Member Services Representative
- Supervisor on Duty

APPLY



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!



Visit our website for current information.

[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

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

You received this because you are subscribed to emails from Family Wellness

[Manage Email Preferences](#)