



MONTHLY MEMBER FEATURE



Active As We Age is a free 12-week exercise & education program designed specifically for adults aged 55+ & those living with osteoporosis, arthritis, or osteoarthritis. Each weekly session includes 60 minutes of guided exercise followed by 30 minutes of valuable health education. Participants will focus on building strength, improving flexibility, increasing endurance & enhancing balance, all aimed at improving overall quality of life. This supportive, community-based program is open to all & offers a safe, welcoming environment to stay active & informed.

ACTIVE AS WE AGE

[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

Jun 2-25
Mon & Wed
5-5:45pm
\$100 Members
\$125 Non Members

Cut your workout to the core in this fun & challenging fitcamp.

Noon Express

Jun 2-27
Mon & Fri
12:15-12:45pm
\$75 Members
\$100 Non Members

Get in get a great workout & get on your way with this fast & furious lunch break bootcamp.

Personal Training

Motivation, accountability, inspiration & success! A Certified Personal Trainer can give you the support you need to see the results you want.

Visit the Wellness Center or contact Julie at julie.korkowski@familywellnessbismar.org for more information.

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!

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

Health Analysis

Baseline screening program available for members to get you going on being your best you.

Body Fat Analysis - \$15
Fitness Evaluation + Body Fat Analysis - \$25

YMCA360**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

Kick Start

Build strength & confidence with our Intro to Weights program! Work one-on-one with a certified personal trainer to learn how to use machines, free weights & strength equipment in a positive & supportive environment.

3, 45 Min Sessions
\$100

Hybrid Training**Active As We Age**

A special new program designed to improve the quality of life, build strength, stamina & endurance & create community for older active adults.

Sept 8-Dec 3
Mon & Wed
1-2:30pm
Free for the Community

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
Free for the Community

REGISTER

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

This program combines the benefits of a customized workout plan with the support of one-on-one personal training to ensure proper form, accountability & progression.

3, 45 min Sessions
\$250

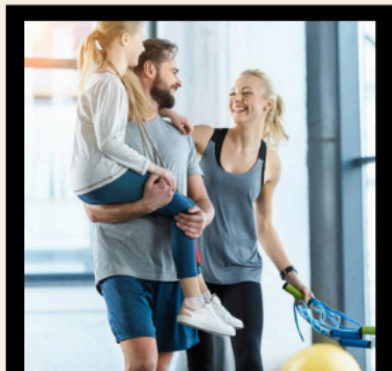
GROUP FITNESS

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 & 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.

Youth Fitness

Mon 6:30-7:15pm

Jun 17

Jul 22

Aug 5

Free for the Community - Outdoors

Keeping kids ages 5-12 moving, active & having fun!

Registration required for each session.

Child Watch

Child Watch is a fun & safe place for your kids to play with their friends while you get in a great workout! Available to members only, check out the schedule & pricing on our website.

[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.

7th & 8th Grade Girls Volleyball

Program:
Jul 7-Aug 14
Mon Tues or Wed
6 or 7pm
Games Thurs 5:30pm
Registration:
Jun 2-23
Fees:
\$55 Members
\$97 Non Members

REGISTER

Itty Bitty Activities

Ages 3-5
\$36 Members
\$56 Non Members

Soccer

Program:

Program:
Jul 7-28
Thurs 10am 5:30 or 6:30pm
Registration:
Apr 28-Jun 30

Baseball

Program:
Jun 5-26
Thurs 10am 5:30 or 6:30pm
Registration:
Apr 28-May 26

Program:
Jul 10-31
Thurs 10am 5:30 or 6:30pm
Registration:
Apr 28-Jun 30

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 Family Wellness 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:

- Youth Development Center Mandan Teaching Assistant
- Fitness Associate

APPLY

Apply now and make a real impact with your work!

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**

Keep your membership active for the months of May, June & July, and you'll receive a digital coupon to claim your reward in August!

Plenty of Perks!

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

Summer Sweat Challenge

Use YMCA360 for your workout 12 times during each summer month & be automatically entered in a special series of prize drawings!

Feel the benefits of the burn!

1 drawing & 1 winner in May, June & July
Winners get 1 free month of membership
We'll track your progress you enjoy the Y360 app & your Summer Sweat Challenge

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!

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

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