



MONTHLY MEMBER FEATURE



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Rock Steady Boxing at Family Wellness is a free, empowering fitness program designed specifically for people living with Parkinson's disease. Through non-contact boxing-inspired workouts, participants improve strength, balance, coordination, and overall physical fitness — all while building confidence and community. Each class focuses on movements proven to enhance neurological function and delay the progression of symptoms, offering hope and measurable results. Beyond the physical benefits, Rock Steady Boxing provides an uplifting environment where participants support one another, share experiences, and fight back against Parkinson's together. It's more than a workout — it's a powerful step toward improved quality of life.

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 Bootcamp

Dec 1-17

Mon & Wed

5-5:45pm

\$75 Members

\$100 Non Members

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

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@familywellnessbisman.org for more information.

Noon Express Bootcamp

Dec 1-19

Mon & Fri

12:15-12:45pm

\$55 Members

\$75 Non Members

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

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

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

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.

Jan 12-Apr 1

Mon & Wed

1-2:30pm

Free for the Community

Rock Steady Boxing

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

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

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

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

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.

Dec 1-22
Mon & Thurs
4-5pm
Free for the Community

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!



New Group Fitness Formats

Zumba Tone

Thurs 5:30pm
Starting Nov

Fuse the energy of a dance party with the power of strength training—sculpting arms, core, and legs with every beat!

Les Mills Core

Tues 12:15pm
Starting Nov

Power up your core with strength, stability, and serious results that take your fitness to the next level!

New Group Fitness Classes

BodyCombat - Thurs 12:05pm
Les Mills Core - Fri 12:15pm & Sat 9am
Step - Fri 4:45pm
Cycle Max - Sun 12:30pm

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.

2nd-6th Grade Girls Basketball

Program
Jan 5-Feb 14
Mon-Thurs 4:30 or 7:00pm
Games Fri (Competitive)
Sat (Recreational)

Registration
Nov 17-Dec 15 Members
Nov 20-Dec 15 Non Members

Fees
\$55 Members, \$97 Non Members (Recreational)
\$75 Members, \$117 Non Members (Competitive)

REGISTER

2nd-6th Grade Boys Basketball

Program
Feb 23-Apr 11
Mon-Thurs 4:30 or 7:00pm
Games Fri (Competitive)
Sat (Recreational)

Registration
Dec 29-Feb 9 Members
Jan 1-Feb 9 Non Members

Fees
\$55 Members, \$97 Non Members (Recreational)
\$75 Members, \$117 Non Members (Competitive)

PreK-1st Grade Basketball

Program
Apr 13-May 23
Mon-Thurs 4:30, 5:30 or 6:30pm
Games Sat

Registration
Feb 23-Mar 23 Members
Feb 26-Mar 23 Non Members

Fees
\$55 Members
\$97 Non Members

Itty Bitty Activities

Ages 3-5
\$42 Members
\$62 Non Members

Basketball

Program:
Nov 6-Dec 4
Thurs 10 or 11am
Registration:
Oct 6-27

Sports

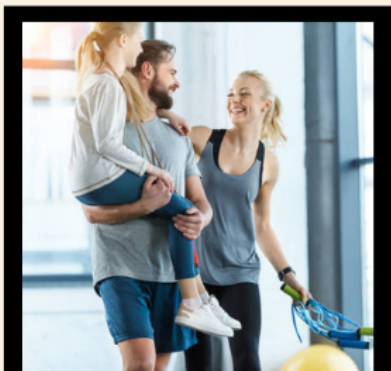
Program:
Nov 11-Dec 2
Tues 10 or 11am
Registration:
Oct 6-27

Program:
Jan 4-25
Sun 12 or 1pm
Registration:
Dec 8-29

Program:
Feb 4-25
Wed 9 or 10am
Registration:
Jan 5-26

Program:
Mar 1-22
Sun 12 or 1pm
Registration:
Feb 2-23

Program:
Mar 5-26
Thurs 10 or 11am
Registration:
Feb 2-23



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!

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.

Family Fun

Gym Time - Tues & Thurs 10:30am-12pm

Track Time - Mon-Fri 6:30-8pm, Sat & Sun 1-5pm

Stay & play with your whole family with our fun, free events at Family Wellness.

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

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!

Thanksgiving Hours

Thurs Nov 27

7am-12pm

We are thankful for YOU, our members. Have a great holiday!

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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