



**St. Patrick's Day Mixer**

Sat Mar 21

8am

Free Will Donation

Come join us in creating some luck for those who need it most in our community! Dress up for St. Patrick's day to experience the treasure of this great workout & the rainbow connection of a group fitness class!

Free will donation for members & guests to attend the party!

**Luck & Lift**

Sat Mar 21

10:15am

Free Will Donation

Dress in green or gold & join us for a high-energy, festive Yoga Sculpt class! Lift, lunge & flow to Irish-inspired tunes plus take on a surprise Lucky Bucket cardio challenge. Stay through savasana for a chance to find hidden gold!

**Fitness Challenge**

Mar 23-27

\$5 Suggested Donation

Crush this timed fitness challenge competition. Complete the most burpees, pull ups or squats & win some sweet swag.

**Bake Sale**

Mar 23-27

Purchase some sweet treats in our lobby in support of community wellness programs & services.

[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 Bootcamp

Apr 12-29  
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](mailto:julie.korkowski@familywellnessbisman.org) for more information.

### Noon Express Bootcamp

Apr 12-May1  
Mon & Fri  
12:15-12:45pm  
\$50 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.

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.

Apr 9-May 18  
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!



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.

### 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

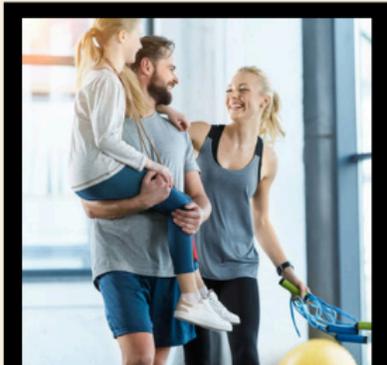
### Itty Bitty Activities

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

### Sports

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

**REGISTER**



# 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.

### Youth Fitness

Youth Ages 5-12  
Free  
Tues 6:30pm  
Mar 3, 10, 17, 24, 31  
Apr 7, 14, 21, 28

May 5, 12

REGISTER

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

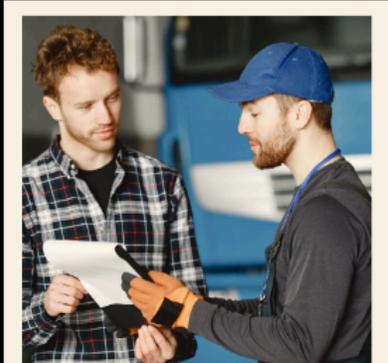
# SPECIAL EVENTS

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!

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

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Connect with us on:



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

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