



Pickleball & Basketball

Looking for a fun way to stay active and meet new people? Family Wellness offers FREE weekly Pickleball & Basketball games for members! Whether you're a seasoned player or just looking to have some fun, everyone is welcome. Equipment is provided, just bring yourself, enjoy some friendly competition & connect with fellow members while staying active.

[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

Jul 6-29
Mon & Wed
5-5:45pm
\$100 Members

Personal Training

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

\$125 Non Members

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

REGISTER

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

PERSONAL TRAINING SALE

Jul 1-8 Only

Save \$50 on 12, 30 or 45 minute personal training packages!



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

A free online platform for members including group fitness classes, trainer tips, recipes, family programs, senior activities

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

This program combines the benefits of a customized workout plan with the support of one-on-one personal training to ensure

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

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@familywellnessbisman.org for more information.

Jul 13-Aug 20
Aug 24-Oct 1
Mon & Thurs
4-5pm
Free for the Community

REGISTER

and more. Watch the website for details.

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!



New Summer Sessions

Pilates

May 26-Aug 13

Tues & Thurs

7-7:45am

This mat based format will elongate, strengthen & restore the body; so much more than just building a 'strong core' or 'perfect posture' Pilates uses whole body movement targeting specific muscle groups to re-educate movement patterns & rebalance the underlying muscular & structural systems in the body.

Body Format Launches

BodyAttack - Jul 12

BodyPump - Jul 19

BodyCombat - Jul 26

Core - Aug 2

Join us for new Les Mills formats, free for members, featuring fresh moves, new music & high-energy fun to keep your workouts exciting & motivating!

4th of July Les Mills Mixer

Fri Jul 3

8am

Free for members, this fun & festive fitness class combines popular Les Mills formats. Join us for exciting moves, energizing tunes & challenge your limits in a good way!

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

Itty Bitty Activities
Ages 3-5

Itty Bitty Activities
Ages 3-5

athletic knowledge, skills & teamwork.

7th & 8th Grade Volleyball

Program
Jul 6-Aug 13
Mon-Wed 6 or 7pm
Games Thurs

Registration
Jun 1-22

Fees
\$55 Members
\$97 Non Members

Soccer

Program:
Jul 6-27
Mon 10am 5:30 or 6:30pm

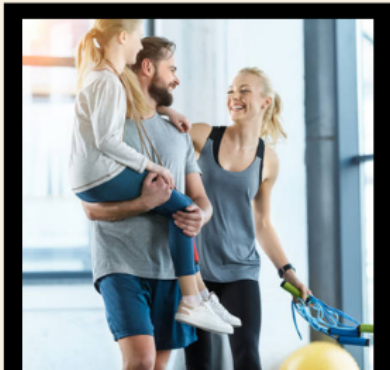
Registration:
Apr 27-Jun 29

Baseball

Program:
Jul 9-30
Thurs 10am 5:30 or 6:30pm

Registration:
Apr 27-Jun 29

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

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!

Holiday Closures:

- Facility closed Sat Jul 4

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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