



MONTHLY MEMBER FEATURE



Membership Financial Assistance

At Family Wellness, we believe everyone deserves the opportunity to live a healthier life, regardless of financial circumstances. Our Membership Financial Assistance program helps make wellness accessible & affordable for youth, seniors & families by reducing membership costs for those who qualify. Thanks to the generosity of our community, more individuals can enjoy a welcoming place to improve their health, build connections & thrive. At Family Wellness, we're committed to ensuring cost is never a barrier to better health & well-being.

[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

Aug 3-26
Mon & Wed
5-5:45pm

Personal Training

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

\$100 Members
\$125 Non Members

Sept 14-30
Mon & Wed
5-5:45pm
\$75 Members
\$100 Non Members

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

REGISTER

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



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

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.

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

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.

REGISTER

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!



Body Format Launches
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!

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!

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.

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!



Give your child the opportunity to learn, grow & have fun through Youth Sports! From building confidence & teamwork to developing skills, staying active & making new friends, youth sports help kids thrive both on & off the court.

2nd-6th Grade Girls Basketball

Program
Jan 4-Feb 13
Mon-Thurs
4:30 or 6:30pm Rec
5:30 or 7:30pm Comp
Games
Comp - Fri
Rec - Sat

Itty Bitty Activities Ages 3-5

\$42 Member
\$64 Non

Basketball

Program:
Sept 13-Oct 4
Sun 12 or 1pm

Itty Bitty Activities Ages 3-5

Volleyball

Program:
Nov 8-Dec 6
Sun 12 or 1pm
Register:
Oct 5-26

Sign up today & let the fun begin!

K-3rd Grade Volleyball

Program
Sept 14-Oct 31
Mon-Thurs 4:30 5:30 or
6:30pm
Games Sat

Registration
Jul 27-Aug 24 - Member
Jul 30-Aug 24 - Non

Fees
\$55 Member
\$97 Non

4th-6th Grade Volleyball

Program
Nov 2-Dec 19
Mon-Thurs 4:30 5:30 or
6:30pm
Games Sat

Registration
Sept 14-Oct 12 -
Member
Sept 17-Oct 12 - Non

Fees
\$55 Member
\$97 Non

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

Fees
Comp - \$75 Member
\$117 - Non
Rec - \$55 - Member
\$97 - Non

2nd-6th Grade Boys Basketball

Program
Feb 22-Apr 10
Mon-Thurs
4:30 or 6:30pm Rec
5:30 or 7:30pm Comp
Games
Comp - Fri
Rec - Sat

Registration
Dec 28-Feb 8 - Member
Dec 31-Feb 8 - Non

Fees
Comp - \$75 Member
\$117 - Non
Rec - \$55 - Member
\$97 - Non

Register:
Aug 10-31

Program:
Oct 15-Nov 5
Thurs 9 or 10am
Register:
Sept 7-28

Program:
Nov 12-Dec 10
Thurs 10 or 11am
Register:
Oct 5-26

Football

Program:
Sept 15-Oct 6
Tues 10 or 11am
Register:
Aug 10-31

Program:
Oct 11-Nov 1
Sun 12 or 1pm
Register:
Sept 7-28

Soccer

Program:
Sept 17-Oct 8
Thurs 10 or 11am
Register:
Aug 10-31

Sports

Program:
Nov 10-Dec 1
Tues 10 or 11am
Register:
Oct 5-26

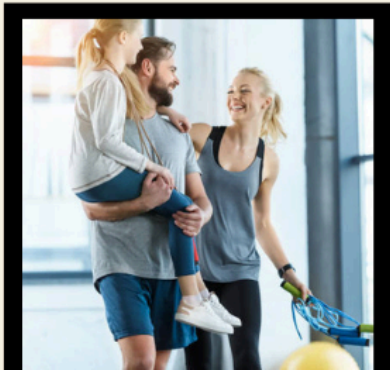
Program:
Jan 3-24
Sun 2:30 or 3:30pm
Register:
Dec 7-28

Program:
Feb 3-24
Wed 9 or 10am
Register:
Jan 4-25

Program:
Feb 28-Mar 21
Sun 2:30 or 3:30pm
Register:
Feb 1-22

Program:
Mar 4-25
Thurs 10 or 11am
Register:
Feb 1-22

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

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!

Apply now & make a real impact with your work!

APPLY

Job Opportunities:

Full Time

- Youth Development Center Mandan Teaching Assistant

Part Time

- Youth Development Center Mandan Afternoon Teaching Assistant
- Fitness Associates

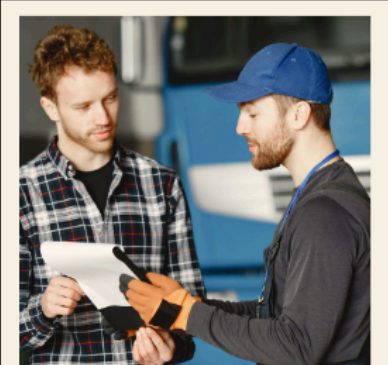
SPECIAL EVENTS

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

Connect with us on:



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

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