



MONTHLY MEMBER FEATURE



ROCK STEADY BOXING

Work with certified Rocksteady Boxing coaches to get stronger, improve mobility & balance & live better. Rocksteady boxing is proven to slow & even reverse the symptoms of Parkinson's disease.

[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

Oct 5-28
Mon & Wed
5-5:45pm
\$100 Members
\$125 Non Members

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@

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

familywellnessbisman.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

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 proper form, accountability & progression.

3, 45 min Sessions
\$250

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
Jan 11-Mar 31
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.

Mon & Thurs
4-5pm
Oct 5–Nov 12
Nov 16–Dec 17
Jan 11–Feb 18
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

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 Class:

Tai Chi

Beginning Oct 7

Wed 11-11:30am

Mind & Body Studio

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!

Discover the gentle art of Tai Chi in this beginner-friendly movement class.

[LEARN MORE](#)

Les Mills Format Launches:

Oct 4-10: Body Pump

Oct 11-17: Body Combat

Oct 18-24: Core

Oct 25-31: Body Attack

Fresh moves, new music & high-energy fun to keep your workouts exciting & motivating!

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. Sign up today & let the fun begin!

Youth Sports

4th-6th Grade Volleyball

Program

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

Itty Bitty Activities Ages 3-5

Volleyball

Program:

Nov 8-Dec 6

Sun 12 or 1pm

Register:

Oct 5-26

Sports

Program:

Nov 10-Dec 1

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

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

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

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

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

Itty Bitty Activities Ages 3-5

\$42 Member
\$64 Non

Basketball

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

Tues 10 or 11am
Register:
Oct 5-26

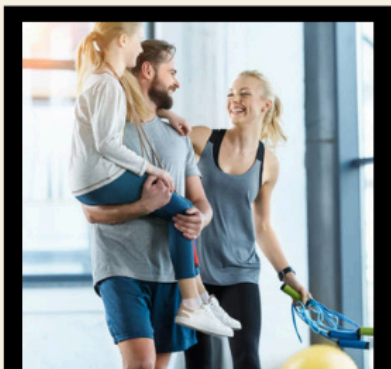
Program:
Jan 3-24
Sun 2:30 or 3:30pm
Register:
Dec 7-28

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
Gym Time - Tues & Thurs, 10:30am-12pm
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
Oct 6
Oct 27

Nov 3
6:30-7:15pm

REGISTER

Keeping kids moving, active & having fun!
Registration required for each session. Wear athletic shoes & bring a water bottle!

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:

- Member Services Representatives
- Child Watch Caregivers

APPLY

Apply now & 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!



Halloween Wellness Bingo

Pick up your BINGO card at the Wellness Center desk starting Oct 1. Complete the activities throughout Oct & mark your squares. Get a BINGO to enter prize drawings, or complete the entire card for a chance at the grand prize!

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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