

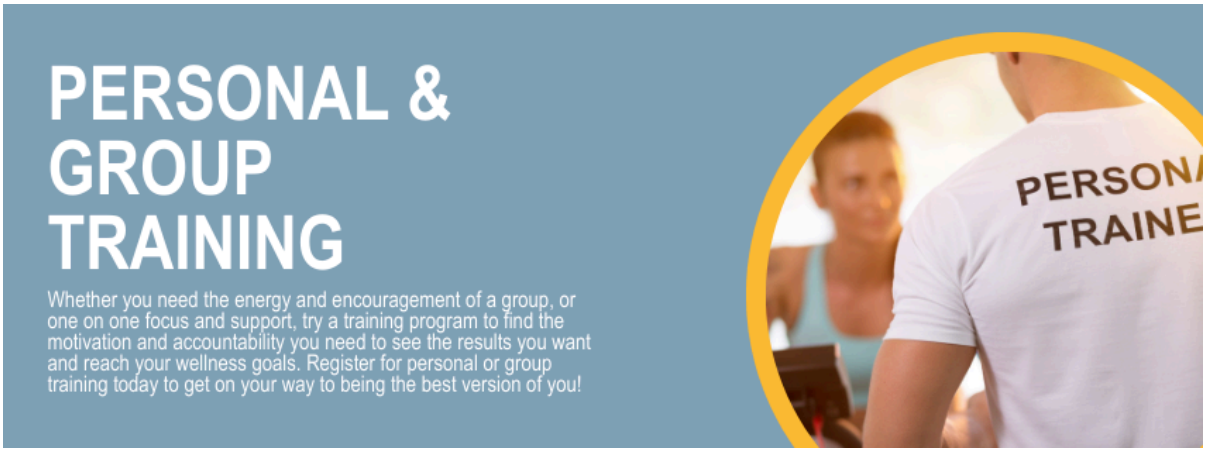

# MONTHLY MEMBER FEATURE



**FAMILY FUN**

Make time for more family fun at Family Wellness! From open play during Gym Time & Track Time to convenient Child Watch while parents work out, there are opportunities for every member of the family to stay active & have fun. Kids can build confidence through Youth Fitness, develop skills & teamwork through community sports & enjoy a variety of activities designed to keep everyone moving, growing & connecting. Find your fit, make memories & have fun together at Family Wellness!

LEARN MORE




**Group Training Bootcamps**
Nov 30-Dec 16
ABLetics

**Personal Training**
Motivation, accountability, inspiration & success! A Certified Personal Trainer can give you the support

Mon & Wed
5-5:45pm
$75 Members
$100 Non Members

Build strength, boost endurance & challenge yourself with Athletics Bootcamp.

you need to see the results you want.

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

REGISTER




**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

REGISTER

**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.

**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
Nov 16–Dec 17
Jan 11–Feb 18
Free for the Community

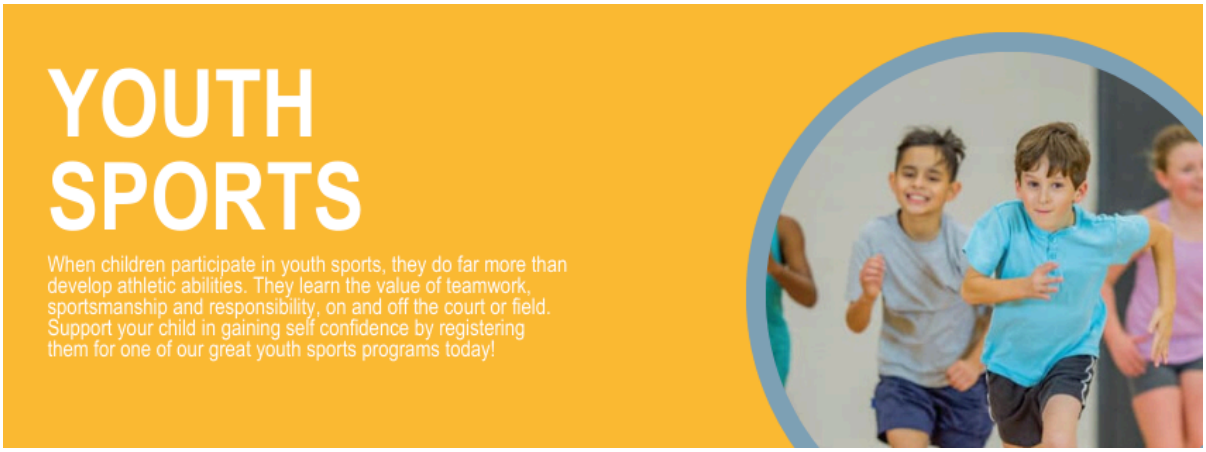
**YMCA360**
A free online platform for members including group fitness classes, trainer tips, recipes, family programs, senior activities and more. Watch the website for details.

3, 45 min Sessions
$250




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




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!

**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

**Itty Bitty Activities**
**Ages 3-5**

**$42 Member**
**$64 Non**

**Basketball**

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

**Volleyball**

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

**Itty Bitty Activities**
**Ages 3-5**

**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:

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

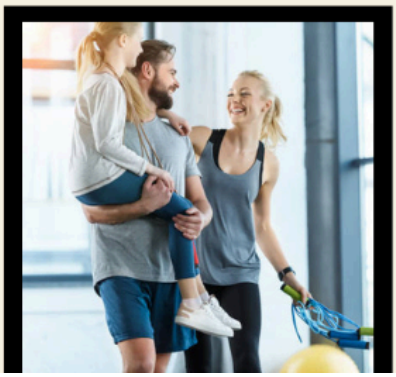
Registration
Dec 28-Feb 8 - Member
Dec 31-Feb 8 - Non

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

REGISTER

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



# 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.

REGISTER

**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
6:30-7:15pm

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
- Youth Development Center Mandan Teaching Assistant

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!



**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 Hours:**

Thurs Nov 26
7am-12pm

For Thanksgiving holiday.

**Visit our website for current information.**

LEARN 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

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