

MONTHLY MEMBER FEATURE



GIFT CARDS MAKE GREAT GIFTS

Whether you're helping a new member with a $50 joiner fee, covering a month of dues at $70 for an existing member, or giving a friend the support of a personal trainer for $90, you can't go wrong with the gift that keeps on giving all year long!

LEARN MORE

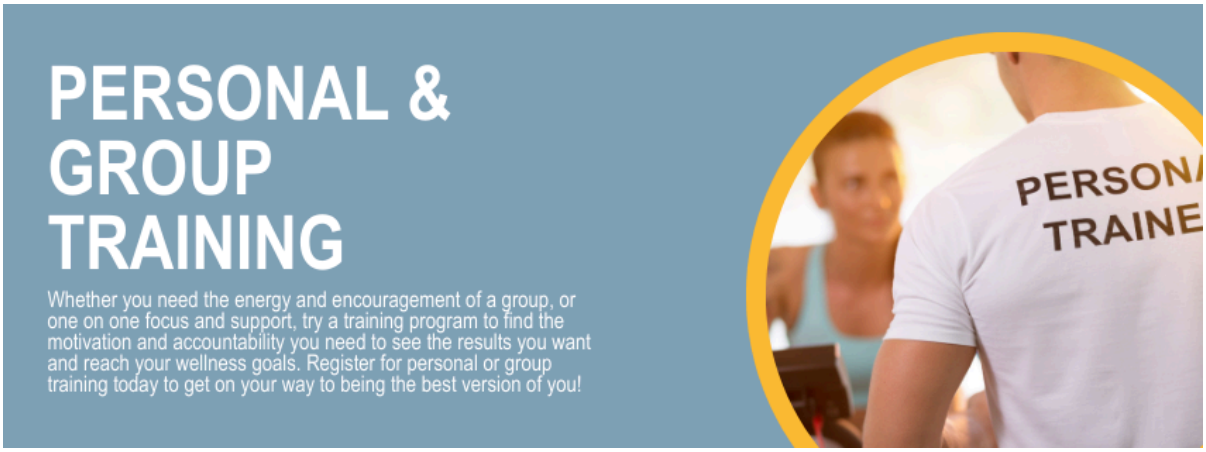


GIVING TUESDAY
Tues Dec 1

During this season of sharing & giving, please consider a gift to Family Wellness. Your donations support the health & wellness of youth, seniors & families in our community!

GIVE





Group Training Bootcamps
Nov 30-Dec 16
ABLetics
Mon & Wed
5-5:45pm
$75 Members
$100 Non Members

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

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 for more information.

REGISTER



Wellness Challenges
Weekly
Free for Members

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 &

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

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

Becoming Your Best You
A six-week group health coaching series targeting long-term health and wellness habits. Receive coaching and tools that can change your life and health for the better.

6 Week Plan
$150 Members Only

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
Jan 11–Feb 18
Free for the Community

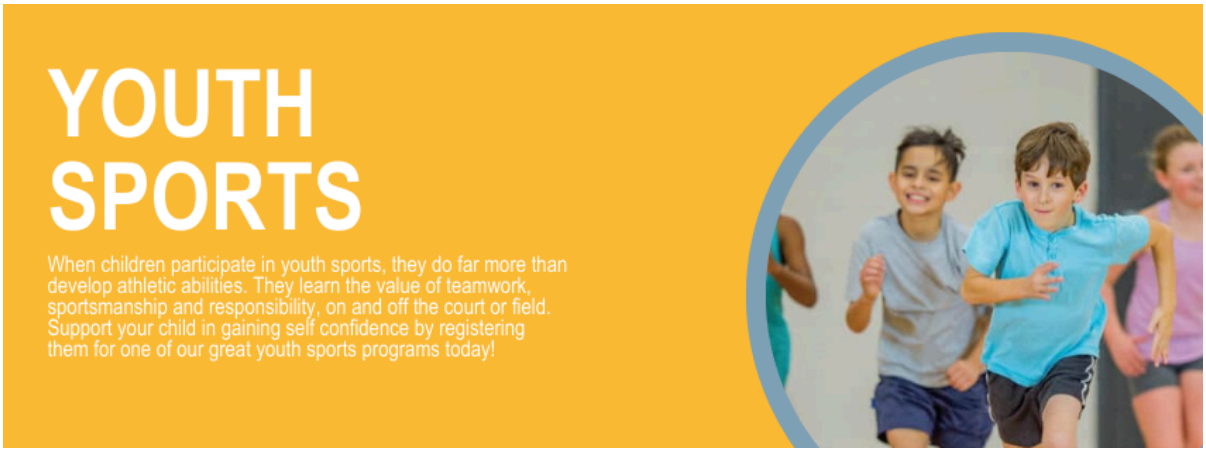
YMCA360
A free online platform for members including group fitness classes, trainer tips, recipes, family programs, senior activities and more. Watch the website for details.

REGISTER



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

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

Itty Bitty Activities
Ages 3-5

$42 Member
$64 Non

Sports

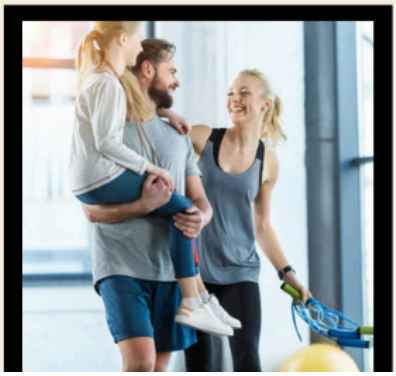
Program:
Jan 3-24
Sun 2:30 or 3:30pm
Register:
Dec 7-28

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.

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
Dec 1
Dec 8
6:30-7:15pm

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

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



Visit our website for current information.

LEARN MORE



Visit the Y's website or see their current newsletter for program & service information.

WEBSITE

NEWSLETTER

Connect with us on:

Family Wellness
Familywellnessbisman.org

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