



# MONTHLY MEMBER FEATURE



## GROUP FITNESS

Group fitness classes foster a sense of community, making workouts more enjoyable and motivating. They provide structure and expert guidance, helping participants achieve their fitness goals efficiently. Additionally, group classes introduce variety, keeping exercise routines fresh and engaging. Family Wellness offers dozens of group fitness class options which are always free for members!

[LEARN MORE](#)

# MAKE YOUR MOVE (YOUR WEEKLY EXERCISE)



### UPRIGHT ROWS

Upright rows have many of the same benefits as lateral raises. A few extra benefits include making your shoulders look bigger, stronger trap muscles to help with other exercises, and all around shoulder strength.

[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**

Aug 5-28

Mon & Wed

5-5:45pm

\$100 Members

\$125 Non Members

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

#### **Noon Express**

Aug 5-30

Mon & Fri

12-12:30pm

\$75 Members

\$100 Non Members

Get in get a great workout & get on your way with this fast & furious lunch break bootcamp.

#### **Wellness Center**

-WC Orientation

-Life Fitness On Demand

-Personal Training

Talk with a Fitness Associate for more information or to sign up.

[REGISTER](#)

#### **Outdoor**

Aug 5-28

Mon & Wed

5-5:45pm

\$100 Members

\$125 Non Members

Enjoy a fun exciting workout full of fresh air in the great outdoors!

## 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

**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

**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.

Sept 9-Dec 4  
Mon & Wed  
1-2:30pm  
Registration: Aug 1  
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@familywellnessbismar.org for more information.

Mon & Thurs  
4-5pm  
:  
Aug 12-Sept 19  
Registration: Jul 29-Aug 9

**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!



**Body Format Launches**

New music & moves for popular fitness formats coming soon free for members.

BodyCombat: Jul 21-26

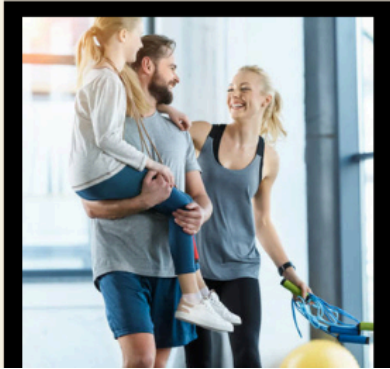


**LEARN MORE**

**FORMAT FEATURE: AQUA FIT**

This workout focuses on aerobics in the shallow water. This is a low to high intensity workout based

on your preference. Aqua Fit includes cardiovascular, muscular & agility training.



# 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!

### 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.

### Summer Youth Fitness

Mon 6:30-7:15pm

Jul 29

Aug 12

Free for the Community

Keeping kids ages 5-12 moving, active & having fun! Registration required for each session.

**REGISTER**

# 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 athletic knowledge, skills & teamwork.

### K-3rd Grade Volleyball

Program

Sept 9-Oct 26

Mon-Thurs

4:30, 5:30 or 6:30pm

Games Sat

Registration

Jul 29-Aug 26 Members

Aug 1-26 Non Members

Fees

\$55 Members

### 4th-6th Grade Volleyball

Program

Oct 28-Dec 14

Mon-Thurs

4:30, 5:30 or 6:30pm

Games Sat

Registration

Sept 16-Oct 14 Members

Sept 19-Oct 14

Non Members

Fees

\$55 Members

\$97 Non Members

### Itty Bitty Activities

Ages 3-5

\$36 Members

\$56 Non Members

### Basketball

Program:

Sept 8-29

Sun 12 or 1pm

Registration:

Aug 12-Sept 2

Program:

Oct 10-31

Thurs 9 or 10am

Registration:

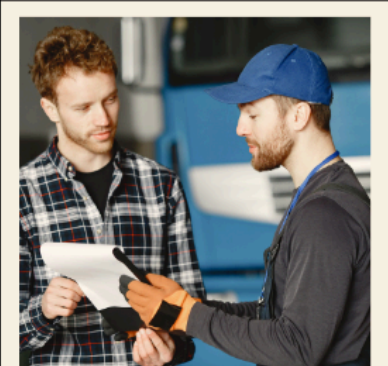
Sept 9-30

\$97 Non Members

REGISTER

Football  
Program:  
Oct 6-27  
Sun 12 or 1pm  
Registration:  
Sept 9-30

Volleyball  
Program:  
Nov 10-Dec 8  
Sun 12 or 1pm  
Registration:  
Oct 14-Nov 4



# 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!

**Closed for Floor Refinishing**


**Visit our website for current information.**

Studio 1  
Aug 12-27

LEARN MORE

# 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





# 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

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Connect with us on:



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

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