



MONTHLY MEMBER FEATURE



Sept 3-30 Only
Stronger Every Day!

When you are part of our safe, welcoming wellness community, we will support you in setting goals, seeing results, and finding success. With programs and services for your whole family, we offer the best value and variety for your membership.

\$0 JOINER FEE

Join Now
For a Happier, Healthier, Better You!

[LEARN MORE](#)

MAKE YOUR MOVE (YOUR WEEKLY EXERCISE)

BULGARIAN SPLIT SQUATS

This movement targets all the same muscle groups you see targeted during squats and lunges—quads, glutes, hamstrings, calves, abdominals, and spinal erectors—but places greater focus on the quadriceps and core due to the single-leg, balance challenge that the exercise provides.



[LEARN MORE](#)



NORIE

**Family
wellness**
A PARTNERSHIP BETWEEN SANFORD
HEALTH

MEMBER SPOTLIGHT



How long have you been working out?

I've worked out since high school as I used to cheerlead. Then, at age 18, I joined the Army. I was in the military 17 years ago, serving 7 years active-duty Army. Once I got out, I stopped working out. I had gained so much weight as no one was forcing me to do 6:30am PT. It wasn't until I turned 40 that I decided to take control of my physical health. I had bariatric (weight-loss) surgery 2 years ago on July 27, 2022. I was cleared to work out 6 weeks post-op. I started working out immediately by walking on the treadmill. So, it's been 2 years of me consistently working out!

What successes have you seen with maintaining a healthy lifestyle?

I successfully lost 115lbs within 10 months. I changed my whole lifestyle to include exercising a minimum of 5 days a week and consistently meal prepping, weighing, measuring my food intake and logging that on the MyFitnessPal app.

Do you have any advice for people to stay motivated?

Think about what your "Why" is. Why do you want to stay healthy? Why do you want to live longer? What is your purpose? The answer to all that for me is my children. They keep me motivated as I want longevity in my life for them and my future grandchildren.

What activities would you recommend members at Family Wellness?

I would recommend to start off with a little warm up on the wellness center by walking. Get those muscles ready to lift!

What is your favorite thing about staying active?

I'm much more energetic throughout the day. I am able to keep up, walk around and be more present and active for my youngest child who is 7-years-old.

TIFFANY



Family wellness
A PARTNERSHIP BETWEEN SANFORD HEALTH

CLIENT SPOTLIGHT

Why did you decide to start your personal training journey?
I had my third and final child last fall, and I am working to regain my strength, mobility, and gain mental clarity back! I am looking forward to working hard, having energy, and feeling good.

What has kept you motivated since you've started?
My motivation comes from my girls and myself. I want to be healthier for them, and look and feel good for myself. When I take care of myself, I am better at caring for others!

What is one goal that you have met since you've started your journey?
I am just starting again, so being able to open my schedule for personal training sessions is not easy, but when I do it is so worth it. I have been more mindful about my eating habits, and have started walking more in the evenings and weekends.

SHAYLA



**Family
wellness**
A PARTNERSHIP BETWEEN SAINT JEROME
HEALTH

TRAINER SPOTLIGHT

What are your qualifications?

B.S., NASM-CPT, NSCA-CSCS

How long have you been a personal trainer?

I have been personal training since January of 2023.

What do you enjoy most about being a personal trainer?

The thing I enjoy most about personal training is watching clients realize how much more they are capable of than they think. It is such a great feeling to see not only the progress made physically, but mentally. Everyone deserves to have that feeling of "Wow. I really can do this."

What is your favorite muscle group to train?

This is a hard one since my favorite movements are Olympic lifts, but if I had to choose, I would say shoulders.

What keeps you motivated?

My faith, clients, family, and friends. If I'm training clients to exercise and lift, then I better be practicing what I preach. My family and friends keep me motivated by providing encouragement when I get down on myself, and by believing in me whole-heartedly.

What advice would you give a new member?

The gym is scary, especially those free weights. Don't ever let fear hold you back. There's only room for either faith or fear and it's up to you which you choose.

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

Mon & Wed

5-5:45pm

Sept 9-25

\$75 Members

\$100 Non Members

Oct 7-30

\$100 Members

\$125 Non Members

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

Power 1/2 Hour Express

Tues & Thurs

9-9:30am

Sept 10-26

\$55 Members

\$75 Non Members

Oct 7-31

\$75 Members

\$100 Non Members

Hit it hard & fast with this quick efficient & effective fitness camp!

Noon Express

Mon & Fri

Sept 9-27

12-12:30pm

\$55 Members

\$75 Non Members

Oct 7-Nov 1

12:15-12:45pm

\$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



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!

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

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.

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 & 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

Mon & Thurs
4-5pm

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!

Outdoor Yoga or Barre

Barre: Mon Sep 9 6:30pm
Yoga: Thurs Sept 12th 6:30pm

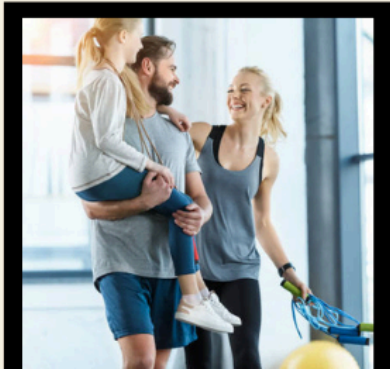
On the South lawn. Bring a mat & water bottle. Free for members.

LEARN MORE



Format Feature: Cycle Express

Fun, fast and functional! A combination of hills and speed training using High Intensity Interval Training (HIIT) that is done alternating short periods of intense anaerobic exercise with less intense recovery periods. A great workout in 30 min.



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.

Youth Fitness

Mon 6:30-7:15pm

Sept 9, 16, 23, 30

Oct 7, 14, 21, 28

Nov 4, 18, 25

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

\$97 Non 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

Football

Program:

Oct 6-27

REGISTER

Sun 12 or 1pm
Registration:
Sept 9-30

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

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:

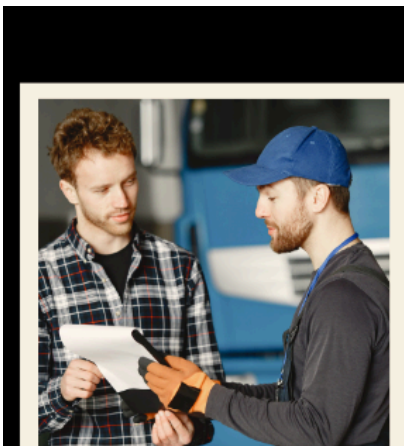
- A unique culture & employment experience unlike any other!
- Free membership
- Excellent benefits for full time (36+ hrs) and tier 1 part time (30-35 hrs)
- Fun, flexible, rewarding work environment
- Opportunities to learn, grow & advance!

Job Opportunities:

- Supervisor on Duty
- Member Services Representative

APPLY

Apply now and make a real impact with your work!



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

Labor Day
Mon Sept 2
7am-12pm

Visit our website for current information.

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

Connect with us on:



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

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