



MONTHLY MEMBER FEATURE



YOUTH FITNESS

[LEARN MORE](#)

Our free Youth Fitness program offers a fun and engaging way for young people to stay active, develop healthy habits, and build confidence. Through a mix of exciting activities like team sports, strength training, and group exercises, kids and teens learn to enjoy movement while enhancing their fitness. These programs are more than just a workout; they teach valuable life skills such as teamwork, goal-setting, and perseverance. Participating in the Youth Fitness program helps young people build a foundation for lifelong wellness, reduces stress, and provides a supportive environment where they can connect with peers and positive role models. Youth Fitness is offered weekly at Family Wellness. It is free and open to the community but registration is required.

MAKE YOUR MOVE (YOUR WEEKLY EXERCISE)



LEARN MORE

Front Raises

Front raises primarily work the front or anterior deltoids, which are the muscles on the front of your shoulders. Lift the weights upward while inhaling. Your arms are extended, palms facing down, with a slight bend in the elbows to reduce stress on the joints. Pause briefly when your arms are horizontal to the floor at shoulder height. Lower the dumbbells to the starting position (at the thighs) with a slow & controlled motion while exhaling.

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

Nov 4-20

Dec 2-18

\$75 Members

\$100 Non Members

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

Power 1/2 Hour Express

Tues & Thurs

9-9:30am

Nov 5-21

\$55 Members

\$75 Non Members

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

Noon Express

Mon & Fri

12-12:30pm

Nov 4-22

12:15-12:45pm

Dec 2-20

\$55 Members

\$75 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!

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

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

Nov 14-Dec 19
Registration: Nov 1-12

Jan 6-Feb 13
Registration: Dec 16-20

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!





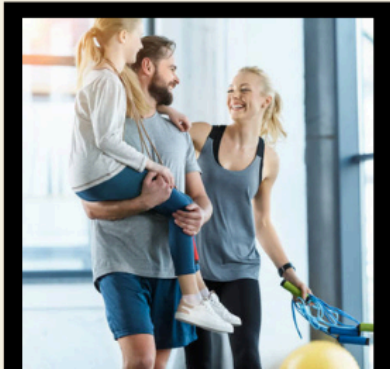
Check the mobile app & website for full schedule & class info: dozens of formats available & hundreds of sessions offered each month. Regular group fitness classes are free for members!

[LEARN MORE](#)

Group Fitness Format Feature

Ultimate Circuit

This class incorporates cardio & strength training segments, increasing the overall intensity of the class. Focuses on all major muscle groups to improve muscular tone, endurance, strength & cardiovascular fitness. Variety of equipment may be used.



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

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!



REGISTER

Competitive & recreational sports programs to teach young people athletic knowledge, skills & teamwork.

2nd-6th Grade Girls Basketball Program
 Jan 6-Feb 22
 Mon-Thurs 4:30 or 7pm

Games
 Competitive Fri
 Recreational Sat

Registration
 Nov 18-Dec 16 Members
 Nov 21-Dec 16 Non Members

Fees
 Recreational \$55 Members, \$97
 Non Members

2nd-6th Grade Boys Basketball Program
 Feb 24-Apr 12
 Mon-Thurs 4:30 or 7pm

Games
 Competitive Fri
 Recreational Sat

Registration
 Dec 30-Feb 10 Members
 Jan 2-Feb 10 Non Members

Fees
 Recreational \$55 Members, \$97
 Non Members
 Competitive \$75 Members, \$117
 Non Members

PreK-1st Grade Basketball Program
 Apr 14-May 24
 Mon-Thurs 4:30, 5:30 or 6:30pm

Games Sat

Registration
 Feb 24-Mar 24 Members
 Feb 27-Mar 24 Non Members

Fees
 \$55 Members
 \$97 Non Members

Itty Bitty Activities
 Ages 3-5
 \$36 Members
 \$56 Non Members

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

Oct 14-Nov

Sports
 Program:
 Jan 5-26
 Sun 12 or 1pm
 Registration:
 Dec 9-30

Program:
 Feb 5-26
 Wed 9 or 10am
 Registration:
 Jan 6-27

Program:
 Mar 2-23
 Sun 12 or 1pm
 Registration:
 Feb 3-24

Program:
 Mar 6-27
 Thurs 10 or 11am
 Registration:
 Feb 3-24

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:

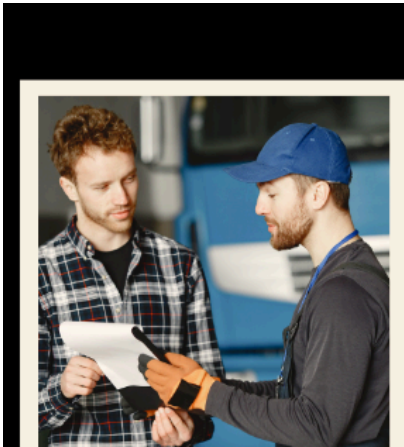
- A unique culture & employment experience unlike any other!
- Free Family Wellness membership
- Excellent benefits for full time (36+ hrs) and tier 1 part time (30-35 hrs)
- Fun, flexible, rewarding work environment
- Opportunities to learn, grow & advance!

Part Time

- Fitness Associate

[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!

Thanksgiving Hours

Thurs Nov 28

7am-12pm

Adjusted program & modified class schedules see app for details.

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!

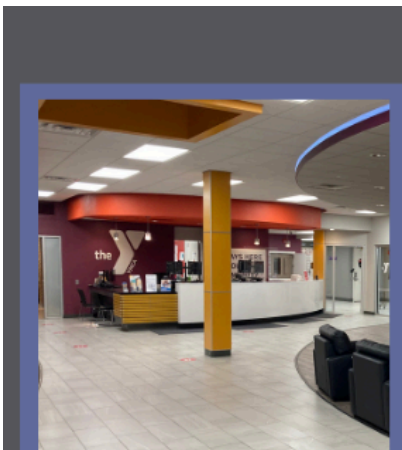


Give the Gift of Health & Wellness

Purchase a Family Wellness gift card to cover membership dues, personal training sessions, youth programs & much more!

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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