



## MONTHLY MEMBER FEATURE



**THIS IS YOUR YEAR**

### **\$0 JOINER FEE**

Now thru Jan 31 only!

Find the support & encouragement you need to see success in your wellness journey. With exciting programs & services your whole family can enjoy, Family Wellness offers the best value & variety for your membership. Feel strong, healthy & powerful. Join now!

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

Mon & Wed

5-5:45pm

Jan 6-29

Feb 3-26

\$100 Members

\$125 Non Members

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

### Noon Express

Mon & Fri

12:15-12:45pm

Jan 6-31

Feb 3-28

\$75 Members

\$100 Non Members

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

### Beginner Bootcamp

Tues & Thurs

6-6:30am

Jan 7-30

Feb 4-27

Get ready to crush your goals and transform your body with our outstanding fitness camp for beginners.

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

### 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

### 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 6-Feb 13

Registration: Dec 16-20

cardiac event. Checks for blood pressure, oxygen & weight with workout & recipe recommendations. Available in the Wellness Center.

Mon Wed & Fri  
Free for Members

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.

Jan 13-Apr 2  
Mon & Wed  
1-2:30pm  
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**

**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**

Les Mills programs re-release every quarter when they launch new music & movements. Launch weeks are a time when instructors start teaching new content, often with lower options first & then moving to more advanced options.

BodyPump Jan 12-18  
BodyCombat Jan 19-25  
BodyAttack Jan 26-Feb 1

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**

**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

**Family Fun Gym Time**

Tues & Thurs  
10:30am-12pm

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

Jan 6, 13, 27

Feb 3, 10, 24

Free for the Community

Keeping kids ages 5-12 moving, active & having fun!

Registration required for each session.

Free for Members

Enjoy sports equipment, riding toys & an inflatable!

**Family Fun Track Time**

Mon-Fri

6:30-8pm

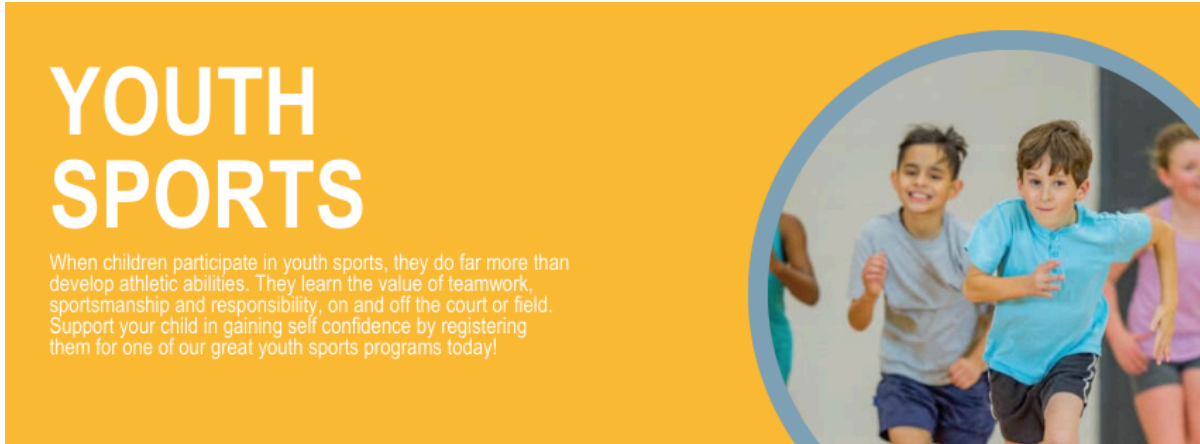
Sat & Sun

1-5pm

Free for Members

A fun way for families to move together (see website for more info.)

**REGISTER**



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

**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

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

**REGISTER**

# 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:

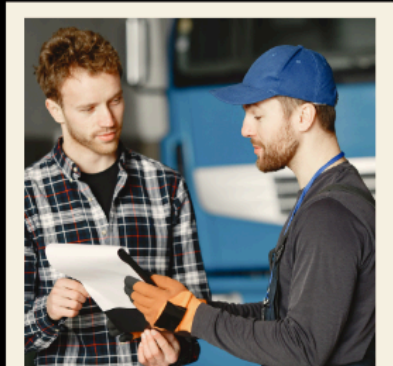
- A unique culture & employment experience unlike any other!
- Free Family Wellness membership
- Excellent benefits for full time (36+ hrs) and tier 1 part time (30-35 hrs)
- Fun, flexible, rewarding work environment
- Opportunities to learn, grow & advance!

### Job Opportunities

- Member Services Representative
- Child Watch Caregiver
- Supervisor on Duty

[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!

**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**

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Connect with us on:



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

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