



MONTHLY MEMBER FEATURE



Motivation, accountability, inspiration & success! A Certified Personal Trainer can give you the support you need to see the results you want. Our trainers can get you going on a workout plan, add variety to your exercise program, or challenge the athlete inside. Train by yourself for one-on-one attention, or train with a friend to challenge & encourage each other.

PERSONAL TRAINING

[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
 Mar 3-26
 \$100 Members
 \$125 Non Members

Noon Express
 Mon & Fri
 12:15-12:45pm
 Mar 3-28
 \$75 Members
 \$100 Non Members

[REGISTER](#)

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

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



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

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.

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.

Mon & Wed
1-2:30pm
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
Free for the Community

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!





What made you want to teach group fitness? I have always loved to workout. I love all kinds of different exercise & wanted to share the physical an mental benefits of working out.

What format did you teach first? High Impact Aerobics

What formats do you currently teach at the Y? Yoga

How long have you been teaching? 30+ years, 25 at the YMCA.

What is your favorite memory from class? A student had been in a car accident & could barely bend over. After a year of yoga she could touch her toes & her back issues were nearly gone.

What do you love most about teaching group fitness? I love sharing the joy of the feeling after a good workout.

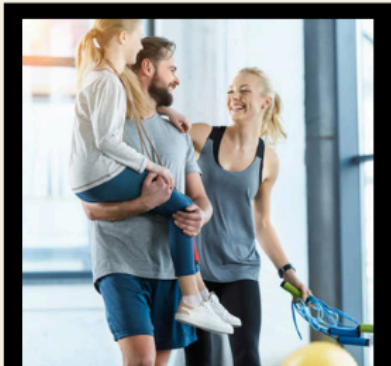
Meet Your Fabulous Group Fitness Instructors!

Lynda Tschider

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!

Why would you recommend someone try your group fitness class at the Y? I hope after class, they leave with a smile on their face.

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
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
Feb 10, 24

Family Fun Gym Time

Tues & Thurs
10:30am-12pm
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 the Community
Keeping kids ages 5-12 moving, active & having fun!
Registration required for each session.

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

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.

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

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

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

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

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

Games
Competitive Fri
Recreational Sat

Fees
\$55 Members
\$97 Non Members

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

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

REGISTER

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

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:

Job Opportunities:

- 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!

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

Apply now and make a real impact with your work!

APPLY



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

Connect with us on:



Family Wellness

[Familywellnessbismar.org](https://familywellnessbismar.org)

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