



YMCA360 brings the Y to you anytime, anywhere. Open virtually anytime, YMCA360 supports your on-the-go lifestyle with easy access to everything you need. Download the YMCA360 app or visit [www.ymca360.org](http://www.ymca360.org) to access your scan card for quick check-ins, explore hundreds of digital wellness classes, and stay up-to-date with real-time schedules and registration. Best of all, it's free for members, so you'll never miss another workout. Discover the added benefits of Y360 and make the most of your YMCA membership today.

**YMCA360**

**LEARN MORE**



**Give to Improve Community Wellness  
Apr 7-11**

Participate in our exciting week of events & activities that directly support the health & wellness of

- Giving Tags
- Bake Sale
- Family Wellness Jr. T's

hundreds of youth, seniors & families in our community!

GIVE

# 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

Apr 3-26  
\$100 Members  
\$125 Non Members  
May 5-21  
\$75 Members  
\$100 Non Members  
Mon & Wed  
5-5:45pm

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

### Noon Express

Apr 3-28  
\$75 Members  
\$100 Non Members  
May 5-23  
\$55 Members  
\$75 Non Members  
Mon & Fri  
12:15-12:45pm

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

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

### 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!

### 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

pressure, oxygen & weight with workout & recipe recommendations. Available in the Wellness Center.

Mon Wed & Fri  
Free for Members

**Wellness Analysis**

Baseline screening program available for members to get you going on being your best you.

Body Fat Analysis - \$15

Fitness Evaluation + Body Fat Analysis - \$25

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.

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!

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!

**Les Mills Easter Mixer**

Sat Apr 19  
8am  
Studio 1

Jump at the chance to relieve stress, have fun & feel like a champ. Every-bunny will enjoy punching & kicking their way to fitness. Please join us for energizing tunes, a test of your limits (in a good way) & a great time

**Body Format Launch**

Get ready to move with brand-new music & movements as we kick off the latest Les Mills format launch! New releases drop every quarter. Instructors start with simpler options, then level up! Don't miss the energy, the challenge & the fun—join us for launch week!

BodyAttack Mar 30-Apr 5  
BodyCombat Apr 6-12  
BodyPump Apr 13-19

**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

Mar 31

Apr 7, 14, 21, 28

Free for the Community

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

Registration required for each session.

**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 Members

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

**Child Watch**

Child Watch is a fun & safe place for your kids to play with their friends while you get in a great workout! Available to members only, check out the schedule & pricing on our website.

**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.

**7th & 8th Grade Girls Volleyball**

Program:

July 7-August 14

Monday Tuesday or Wednesday

6 or 7pm

Games Thursday 5:30pm

Registration:

June 2-23

Fees:

\$55 Members

\$97 Non Members

**Itty Bitty Activities**

Ages 3-5

\$36 Members

\$56 Non Members

Soccer

Program:

June 2-23

Monday 10am 5:30 or 6:30pm

Registration:

April 28-May 26

Program:

July 7-28

Thursday 10am 5:30 or 6:30pm

Registration:

April 28-Jun 30

Baseball

Program:

June 5-26

Thursday 10am 5:30 or 6:30pm

Registration:

April 28-May 26

Program:

July 10-31

Thursday 10am 5:30 or 6:30pm

**REGISTER**

Registration:  
April 28-June 30

# 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

- Youth Development Center Mandan Teaching Assistant
- Child Watch Caregiver

**APPLY**

**Apply now and make a real impact with your work!**

# 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!



## Pick a Perk

Keep your membership active for the months of May, June & July, and you'll receive a digital coupon to claim your reward in August!

### Plenty of Perks!

- 3 Free Guest Passes
- \$10 Off Any Program
- 1 Free Personal Training Session

**Visit our website for current information.**

## Summer Sweat Challenge

Use YMCA360 for your workout 12 times during each summer month & be automatically entered in a special series of prize drawings!

### Feel the benefits of the burn!

- 1 drawing & 1 winner in May, June & July
- Winners get 1 free month of membership
- We'll track your progress you enjoy the Y360 app & your Summer Sweat Challenge

**LEARN MORE**



# 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



# 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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