



# Program Guide



**Familywellness**  
A PARTNERSHIP BETWEEN SANFORD HEALTH 

Fall  
2021



# Table of Contents

## Company Background

Company Story.....	3
Mission .....	3
Registration.....	3

## Youth Programs

Youth Events and Activities .....	4
School's Out Day Camps .....	4
Childcare and Family Events .....	5
Parent Series.....	6
Kids Healthy Cooking.....	7
Kids Healthy Cooking Competition .....	8
Safety & Education.....	9
Teen & Youth Volunteer Corps.....	9

## Swim School

Swim School.....	10
Level and Class Descriptions.....	11
Swim School Schedule .....	12

## Adult Programs

Adult Healthy Cooking.....	13
Adult Events.....	13
Medical Fitness .....	13
Adult Fitness.....	14
Leagues and Tournaments .....	15
Personalized Services.....	16
Cooking for a Cause Gourmet Gala .....	17

*Please visit our website at [familywellnessfargo.org](http://familywellnessfargo.org) for our most up to date facility guidelines and announcements. All programs and events are subject to change.*





# Company Background

## **Sanford Health and the YMCA of Cass and Clay Counties: A Partnership for Community**

Sanford Health and the YMCA of Cass and Clay Counties partnered to bring a wellness facility like none other to the Fargo, Moorhead, West Fargo and area communities. Family Wellness combines the values of the region's most recognized family fitness organization with the region's largest health care system. Together, these organizations share the gift of wellness. Family Wellness offers the resources to inspire the best in each of us and a place to share our experiences with others. When we share, a community mindset flourishes. It's a cycle, a lifestyle and a better way of being.

## **Inspire Wellness Initiative**

As a nonprofit organization Family Wellness is dedicated to impacting the health of children, adults, and families in our community. Through the Inspire Wellness Initiative we provide innovative need based wellness programs to help people cook well, move well and live well for life.

## **Mission**

The mission of Family Wellness is to inspire healthy lifestyles by connecting people in a fun environment.

## **Registration**

Register for any of our Fall 2021 program offerings starting July 26th. Register at [familywellnessfargo.org](http://familywellnessfargo.org), at the Front Desk or call 701-234-2400.



## Youth Activities Series

The Youth Activities Series provides Family Wellness Members a new opportunity to participate in a new sport or activity each month! Youth members ages 4-6 and 7-9 will be able to participate for FREE each month. Due to a limited space available, registration is still required.

**Soccer** | Tuesdays, September 7th - September 28th | Ages 4-6 from 5:45PM to 6:30PM | Ages 7-9 from 6:30PM to 7:30PM  
**Sports Sampler** | Tuesdays, October 5th - October 26th | Ages 4-6 from 5:45PM to 6:30PM | Ages 7-9 from 6:30PM to 7:30PM  
**Flag Football** | Tuesdays, November 2nd - November 23rd | Ages 4-6 from 5:45PM to 6:30PM | Ages 7-9 from 6:30PM to 7:30PM  
**Racquetball** | Tuesdays, November 30th - December 21st | Ages 4-6 from 5:45PM to 6:30PM | Ages 7-9 from 6:30PM to 7:30PM  
**Free for Members / \$40 Nonmembers**

## Youth Basketball Series

### Lil' Stars Basketball Session 1

**Mondays, October 4th - October 25th from 5:45PM to 6:30PM**

Lil' Stars session 1 allows beginning basketball players a chance to explore the game of basketball. Basketball skills will be introduced with the opportunity to play a variety of games. Ages 4-6

**\$20 Members/\$40 NonMembers**

### Lil' Stars Basketball Session 2

**Mondays, November 1st - November 29th from 5:45PM to 6:30PM**

While session 1 focused on introducing basketball skills, session 2 will allow your child to build and improve upon their skills. This session will offer more games and kids will continue to learn and grow in a high energy environment. Ages 4-6

**\$25 Members/\$50 NonMembers**

### Junior Stars Basketball Session 1

**Mondays, October 4th - October 25th from 6:30PM to 7:30PM**

The Juniors Basketball program focuses on the fundamentals of the game while developing teamwork. The kids will take their skills to the next level and get the opportunity to compete in games. Ages 7-9

**\$20 Members/\$40 NonMembers**

### Junior Stars Basketball Session 2

**Mondays, November 1st - November 29th from 6:30PM to 7:30PM**

Advance your skills from session 1 in this continuation of the Junior Stars Basketball program. Session 2 offers your child the chance to progress their fundamentals and increase the competition in more games. Step up your game with Juniors Basketball Session 2! Ages 7-9

**\$25 Members/\$50 NonMembers**

## School's Out Day Camps

Camps run from 9:00AM to 4:00PM. Before Care and After Care available (\$6 each). Before care starts at 7:30AM and after care goes until 6:00PM. Financial Assistance available. Camps are for children ages 6 -11.

### Fall into Fun Camp

**Thursday, October 21st - Friday, October 22nd from 9:00AM to 4:00PM**

This camp will keep you moving and grooving with a variety of activities like games in the gym, swimming in the pool, and art activities throughout the day. Let's get out of the classroom and off the couch to have some fun!

**\$70 Members/\$90 NonMembers**

### Camp Snow Day

**Monday, December 27th - December 31st from 9:00AM to 4:00PM**

Family Wellness is offering a week long camp of activities to get out of the house and have some fun. There will be time to beat the cold, splash in the pool, and play a variety of sports and activities in the gym. We will also get out in the snow for some winter fun.

**\$185 Members/\$205 NonMembers**





# Childcare & Family Events

## Drop In Childcare

Drop In Childcare is available for Members and Nonmembers ages 2 weeks through 9 years old while a parent/guardian is in the building. With an indoor play structure with a slide, an outdoor play structure (weather permitting) and a screen-free zone (no TV, Movies or Video games) it is all about play and activity! A childcare visit must be purchased at the front desk prior to entering the childcare area.

## Childcare Events

### Parent's Day Out

**Tuesdays, September 14th, October 5th, November 2nd, December 7th from 9:30AM to 12:30PM**

Need to get stuff done? Drop off your kids in the Family Wellness childcare from 9:30 to 12:30 for some time to get stuff done without your little helpers. Please bring nut free snacks, diapers, or any other care necessities needed. Sign up by noon on Monday prior to the event. Ages 2 weeks - 9 years old.

**\$12 Members / \$18 Nonmembers**

### Parent's Night Out

**Saturdays, September 11th, October 2nd, November 6th, December 4th from 4:45PM to 7:45PM**

Need a night out? Drop your children off at Family Wellness for a date night or just a night to yourself! Pre-registration is required and space is limited. Sign up by noon the Friday prior to the event. Childcare Date Night is located in Childcare at Family Wellness for ages 2 weeks to 9 years. Bring your own diapers and nut free snacks.

**\$12 Members / \$18 Nonmembers**

### Spooktacular Night

**Thursday, October 28th from 5:00PM to 7:30PM**

Family Wellness invites your family to get together for an exciting night, jam packed with Halloween FUN! Young, old, and everyone in between is encouraged to participate. Enjoy a healthy festive snack, Halloween themed games, prizes, and much more! Participation is free and space is limited.

**Free for members**

### Turkey Trot

**Saturday, November 20th from 12:45PM to 1:30PM**

The Turkey Trot is a family event to get everyone together to have some fun! This year we are adding an optional turkey themed craft before and after the run so you can really get in the turkey spirit. Young, old, and everyone in between is encouraged to participate. Join us in running, jogging, or walking a mile on our indoor track at 1pm. All families who participate will be entered into a drawing to WIN one of 2 free TURKEYS! We will draw the winners at the conclusion of the race. This is a great event to be active and connect with the family... And let's not forget to mention a chance to win a (frozen) turkey for the holiday season! Turkey costumes welcome! Craft begins at 12:45pm. Run begins at 1pm.

**Free for members**

### Free Child Developmental Screenings

**Thursdays, September 16th, October 21st, November 18th, December 16th from 8:30AM to 10:30AM**

Pediatric Therapy Partners will be providing free child developmental screenings at Family Wellness! The first years of your child's life are important and filled with many developmental milestones. This opportunity will help identify any concerns and can connect your family with tools and resources that may benefit your child. Results can be provided confidentially in-person or over the phone by Pediatric Therapy Partners. Choose a 30 minutes session between 8:30am-10:30am. Register at the Family Wellness front desk or call 701-234-2400

**Free for members**



# Parenting SESSIONS



## Parent/Baby Classes

This series of classes is designed to help caregivers and parents connect and grow with their children through a partnership with Sanford Health. **All classes are free and open to the community. Registration is required.**

### Infant Series Play & Milestones

**Thursday, October 7th from 6:30 to 8:30PM**

Learn about important milestones, how to safely play with baby, toys to avoid, and games to play with baby.

### Nutrition Health & Safety

**Thursday, November 11th from 6:30 to 8:30PM**

Well baby visits, safe feedings, and introducing solid foods

### Emotionally Healthy Children

**Tuesday, December 7th from 6:30 to 8:30PM**

Help baby feel loved, comforted and accepted, why feeling loved is so important, and comforting a crying baby.

### Positive Parenting

**Tuesday, December 14th from 6:30 to 8:30PM**

Being attentive to your baby's cues, learn how your reactions and presence impact the way your baby feels, learns and grows, and the five principles of positive parenting.

### Toddler/Preschool Series Nutrition, Health & Safety

**Thursday, September 16th from 6:30 to 8:30PM OR Thursday, December 9th from 6:30 to 8:30PM**

Learn about keeping your child active, nutrition tips, teaching safe choices, and well-child visits.

### Play and Milestones

**Thursday, October 21st from 6:30 to 8:30PM**

Learn about important milestones, how to safely play with your child, toys to avoid, and games to play with your child.

### Emotionally Healthy Children

**Tuesday, November 16th from 6:30 to 8:30PM**

Learn about why feeling loved is so important, mental health versus physical health, emotional needs and coping, and learning different emotions.

### Positive Parenting

**Wednesday, December 15th from 6:30 to 8:30PM**

Learn about bonding with your child, normal toddler behaviors and challenges, and tantrums.

### Parent Series Self Care for Moms

**Wednesday, October 6th from 6:30 to 8:30PM**

Learn about the importance of self-care, postpartum emotions, and healthy relationships.

### Fatherhood

**Monday, December 6th from 6:30 to 8:30PM**

Learn about what babies need from dads, new dad emotions, healthy relationships, and importance of self-care.





# Kids Healthy Cooking Classes

## Caramel Apples

**Sunday, September 19th from 2:00PM to 3:00PM**

Fall is the perfect time to this make sweet, crunchy, and tart treat when apples are ripe and ready! Join us as we learn to make this tasty fall snack.

**\$12 Members / \$20 Nonmembers**

## Spiderweb Taco Dip

**Sunday, October 17th from 2:00PM to 3:00PM**

Learn how to make a Halloween themed Mexican 7 layer dip! We will slice veggies, shred cheese and spread sauces in layers to create this appetizer/light meal.

**\$12 Members / \$20 Nonmembers**

## Santa Snowman Pancakes

**Sunday, December 5th from 2:00PM to 3:00PM**

Let's get in the holiday spirit as we whip up some pancake batter and decorate Santa faces with fresh strawberries and whipped cream.

**\$12 Members / \$20 Nonmembers**

## Reindeer Rice Crispy Treats

**Tuesday, December 14th from 6:30PM to 7:30PM**

Join us for a night of Christmas spirit snack preparation and decorating. Utilize your creative skills with a variety of ingredients to create reindeer rice crispy treats.

**\$12 Members / \$20 Nonmembers**

\*Please register 48 hours in advance of the start of class.

## Youth Chef Series

### Junior Chef Series

**Tuesdays, November 9th - November 30th from 5:30PM to 6:30PM**

These lessons will advance the kitchen basics and present cook top, oven, and small appliances. Ages 8-9.

**\$60 Members/\$100 NonMembers**

### Master Chef Series

**Tuesdays, November 9th - November 30th from 6:45PM to 7:45PM**

With basic skills and technique in place, these lessons will challenge the child to finesse their skills and work towards independence. Knife skills will be advanced and independence at the cook top highlighted. Working with the oven and small appliances continue to be enforced. Ages 10-12

**\$75 Members/\$115 NonMembers**



# CALLING ALL JR CHEFS!

*Family  
wellness*

## HEALTHY KIDS COOKING COMPETITION



All children in 4th or 5th grade that attend school in North Dakota or Western Minnesota are eligible to participate by submitting a healthy and tasty original recipe. Applications will be accepted through September 10th with the live competition for finalists scheduled for Saturday, October 16th from 8:00AM to 12:00PM.

Please include an original recipe that you create in your submission. This must include at least one fruit and/or vegetable.

Selected finalists will be invited to a live healthy cooking competition for a 1 hour match against other finalists on Saturday, October 16th. All participants will be provided a pantry of items to cook with and will need to incorporate mystery food items in their dish. Dish creations will be judged by area chefs and community leaders. The winner will also be recognized at the Family Wellness Cooking for a Cause Gourmet Gala.

All applications must be received by September 10th at [familywellnessfargo.org/kids-healthy-cooking-competition/](https://familywellnessfargo.org/kids-healthy-cooking-competition/) to qualify.

### Executive Chef Sponsors



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# Safety and Education

## Red Cross CPR/First Aid/AED Combo Class

**Wednesdays, September 22nd, October 20th, November 17th, December 15th from 6:00PM to 10:00PM**

Prepare for the unexpected and gain the knowledge and skills needed for effective leadership in the event of an emergency! This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving infants, children, and adults. Topics include how to recognize and manage an emergency situation, basic first aid, standard emergency care procedures and administration, CPR, AED, and more. After completion of this class, you will be certified for two years in Red Cross CPR, AED, and First Aid for adults, children, and infants. Ages 15+  
**\$60 Members / \$98 Nonmembers**

*We offer Community Level Red Cross CPR/AED/1st Aid training. If you are looking for American Heart Association Basic Life Support (BLS) classes, please contact FM Ambulance at Sanford.*

## Babysitter Training

**Saturdays, September 11th, October 2nd, November 6th, December 4th from 8:00AM to 5:00PM**

This nine-hour American Red Cross Babysitting Course is a hands-on way to learn everything you need to know about babysitting. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Included in the course is American Red Cross First Aid and CPR Certification that is valid for two years. This course will teach you to be safe on the job, how to recognize an emergency and how to handle it as well. Lunch is included and will be cooked by each participant in the class with the guidance of a Healthy Cooking Instructor. This class is for ages 10+.

**\$75 Members / \$105 Nonmembers**



## Youth Volunteer Corps

Youth Volunteer Corps (YVC) is a team-based, diverse, structured, and flexible service-learning program. The mission of the YVC is to create volunteer opportunities to address community needs and to inspire youth for a lifetime commitment to service. YVC not only provides youth with critical leadership and job skills for future employment, but it also offers improved life trajectories.

As an affiliate of YVC, Family Wellness provides volunteer project opportunities for all kids' ages 11-18. We have a variety of opportunities year round and participants can choose which opportunities they would like to participate in. Registration for all activities is free! All participants that complete 8 hours of service in a 3 month time frame will earn a free Family Wellness membership!

## Reforest the Red | Moorhead

**Wednesday, September 8th from 5:00PM to 7:00PM**

Join Family Wellness in helping the River Keepers Reforest the Red! Volunteers will get the opportunity to dig holes, plant trees and shrubs, mulch, water and make a difference in our community.

## Volunteering with Ronald McDonald House

**Wednesday, September 22nd from 6:00PM to 7:00PM**

**Wednesday, October 13th from 6:00PM to 7:00PM**

Whether we are inside cleaning/sanitizing or outside picking up trash and weeds, we would love for you to join Family Wellness in these important projects at the Ronald McDonald House to help ensure that families feel comfortable and supported during their stay.

*Check our website for more events this fall!*





# Swim School

## Swim School Levels

Our Family Wellness Swim School takes pride in our exciting water-safe program. Our philosophy is that each child progresses at their own pace. Through positive reinforcement, practice and patience, students learn water-safe swimming skills while having fun. This aquatic facility will run swimming lessons for everyone starting at the age of 6 months through adulthood. Classes are once a week for 30 minutes in our large pool to encourage year-round lessons. Families that want to swim more than once a week are encouraged to do so. Classes are structured by age and ability to accommodate varying skill levels within each age group. Our student to teacher ratios are 4:1 except for our Parent/Baby and Parent/Child classes which are 6:1. Our goal is to teach your child in a fun, safe environment that builds confidence, self-esteem and a feeling of accomplishment.



# Swim School Levels

## Parent/Baby (PB)

Parents learn to properly hold their 6-18 month old baby while working on floating, submerging, hand/eye coordination, and strength through games and songs.

## Parent/Child (PC)

Toddlers ages 19-35 months. Parents learn to work with their child on floating, breath control for submerging, climbing out of the pool on their own, and muscle strengthening.

## Transitional Parent/Child (TPC)

Toddlers who have successfully completed Parent/Child, but aren't ready for Guppy. Parents will start in the water with their children, but eventually toddlers will learn how to be comfortable in the water independent of their parents. They will work on listening skills and waiting their turn. Must have instructor recommendation to register.

## Guppy

Children 3 years old can begin getting comfortable in the water independent of their parents. Through patience and trust, children in this level will overcome their fear and eventually swim independently.

## Starfish

Encouragement and positive reinforcement help kids become more confident floating on their front and back as well as kicking across the pool on their back independently.

## Froggie

Participants will build on their independent swimming ability by swimming further distances. Being able to transition from swimming on their front to their back is one of the safety skills stressed.

## Turtle

Children will build on previous levels by beginning to define swim strokes like elementary backstroke, front crawl, and backstroke.

## Otter

Swimmers will build endurance, confidence, and skill on the strokes learned in Turtle. They will also learn dolphin kick and breaststroke.

## Seal

Children will progress by learning flip turns, butterfly, sidestroke and breaststroke timing. Endurance will be increased even more by working to swim 300 yards continuously.

## Shark

These experienced swimmers will be able to swim multiple lengths of the pool in each of the competitive strokes: front crawl, backstroke, breaststroke and butterfly. Children will also be skilled in elementary backstroke, sidestroke and water safety.

## Adaptive

These one-on-one lessons are for swimmers with special needs and are tailored towards the skills of each participant. Instructors will communicate with parents to ensure that the class is working towards an agreed upon goal.

## Private Lessons

Private lessons are a good option for those who may want or need more one-on-one attention. Please call our Aquatics Coordinator at 701.234.6960 for further information on private swimming lessons.

## Adult Beginner Lessons

This class is for beginner swimmers who would like to learn the basic strokes for lap swim or be able to swim recreationally.

## Adult Swim Team

The swim team is designed to give participants a good water work out and to improve their strokes. Participants joining the swim team should already know their basic strokes of frontcrawl, backcrawl, and breaststroke. This group meets both Tuesdays and Thursdays, September 7th - December 9th from 8:00PM - 9:00PM. No practice on Thursday, November 25th.

**\$135 Members / \$270 Nonmembers**

## Questions?

**Please contact Vicki, Aquatics Coordinator, at 701-234-6960 or [victoria.bloomquist@sanfordhealth.org](mailto:victoria.bloomquist@sanfordhealth.org) with any questions, for further information or to register for an adaptive or private swim lesson.**

# Fall Swim School Schedule

## Fall Sessions

- **Fall Session 1:** September 7th - October 23rd (No class, Monday, September 6th)
- **Fall Session 2:** October 25th - December 11th (No class Thursday, November 25th, or Saturday, November 27th)
- 7 week class: Member rate - \$56 Nonmember rate - \$112 | 6 week Pro-Rated Mon Session 1, Thurs/Sat Session 2 \$48 Members/\$96 NonMembers
- Private lessons: Member rate - \$224 Nonmember rate \$448 | 6 week Pro-Rated Mon Session 1, Thurs/Sat Session 2 \$192 Members/\$384 NonMembers

## Registration Dates Fall Session 1

- Member online | Monday, July 26th
- Member in person or over the phone | Monday, August 2nd
- Nonmembers/YMCA members online | Monday, August 9th
- Nonmembers/YMCA in person or over the phone | Monday, August 16th

## Registration Dates Fall Session 2

- Member online | Monday, October 4th
- Member in person or over the phone | Wednesday, October 6th
- Nonmembers/YMCA members online | Monday, October 11th
- Nonmembers/YMCA in person or over the phone | Wednesday, October 13th

## Private Lessons

- Private swimming lessons are available for each session and are a good option for those who may want or need more one-on-one attention.

Please contact Vicki, Aquatics Coordinator, at 701-234-6960 or [victoria.bloomquist@sanfordhealth.org](mailto:victoria.bloomquist@sanfordhealth.org) with any questions.

## Monday Schedule:

10:00am	Private		
10:30am	Guppy		
11:00am	Private		
11:30am	Starfish		
4:00pm	Guppy	Froggie	Private
4:30pm	PC	Starfish	Private
5:00pm	Turtle	Guppy	Private
5:30pm	Otter	Seal	Shark

## Tuesday Schedule:

5:00pm	PB	Guppy	Turtle
5:30pm	Starfish	Froggie	Private
6:00pm	PC	Guppy	Otter
6:30pm	Starfish	Froggie	Private
7:00pm	Froggie	Turtle	Private
7:30pm	Otter	Seal	Private
8:00pm	8:00PM - 9:00PM Adult Swim Team (Tues & Thurs)		

## Thursday Schedule:

10:00am	Starfish		
10:30am	Private		
11:00am	Froggie		
11:30am	Private		
5:00pm	Starfish	Froggie	Private
5:30pm	PC	Guppy	Turtle
6:00pm	PB	Starfish	Private
6:30pm	Guppy	Turtle	Otter
7:00pm	Starfish	Froggie	Private
7:30pm	Otter	Seal	Shark
8:00pm	8:00PM - 9:00PM Adult Swim Team (Tues & Thurs)		

## Saturday Schedule:

9:00am	Starfish	Froggie	Private
9:30am	PC	Guppy	Turtle
10:00am	Froggie	Starfish	Private
10:30am	Guppy	Turtle	Otter
11:00am	PB	Starfish	Private
11:30am	Otter	Seal	Shark





# Adult Programs

## Adult Healthy Cooking Classes

### Make Your Own Veggie Pizza

**Tuesday, September 21st from 6:30PM to 7:30PM**

Come join us for a fun evening of pizza making! We will learn how to make the dough, form it into a crust, and build your own personalized pizza with a variety of fresh toppings.

### Squash 101

**Tuesday, October 5th from 6:00PM to 7:30PM**

Let's explore the wonderful world of squash! We will be making a butternut squash soup and roasted delicata squash with sage pesto!

### Pumpkin Swirl Oatmeal Muffins

**Tuesday, October 12th from 6:30PM to 7:30PM**

Come join us for an evening of pumpkin goodness! We will be making a dose of healthy pumpkin oatmeal muffins, with cream cheese swirl filling. This is a great snack, dessert, or breakfast option!

### Paleo Thanksgiving

**Thursday, November 11th from 6:00PM to 7:30PM**

Thanksgiving sides don't have to compromise flavor to be healthy! Let's make paleo sweet potato casserole, roasted brussle sprouts, and a delicious apple crisp.

### Keto Holiday Baking

**Tuesday, December 7th from 6:00PM to 7:30PM**

Let's fill our cookie exchange plates, but leave the sugar! We will be making some delicious holiday favorites, gingerbread and sugar cookies but leaving out the carbs!

All classes are **\$12 Members | \$20 Nonmembers** Please register 48 hours in advance of the start of class. All Adult Healthy Cooking Classes are ages 15+.

## Medical Fitness

### Walk This Way

**Thursdays from 2:30PM to 3:30PM**

Walk This Way is a program designed to support individuals with memory loss and their caregivers choosing to use physical activity as a means to manage their symptoms and mental health. Family Wellness is providing support by offering free use of two designated walking paths at our facility every Thursday from 2:30-3:30 pm. Free and open to the community. Please register at the front desk.





# Adult Fitness

**The Intro to Group Fitness Series** allows you to learn about specific classes. The first half of each intro class teaches you the technique, equipment and activity you will do for that class format. The second half will be a mini version of an actual class so you can experience what the exercises will be like. Free for members.

## Intro to Bodypump

**Saturdays, September 11th, October 9th, November 13th from 10:30AM to 11:30AM**

This class delivers a great introduction to the format and will assist participants that are new to BODYPUMP to become familiar with the Les Mills program as they perform simple movements while being introduced to proper form. It's the perfect class to explore at a steady and structured pace to help prepare you for a regular BODYPUMP class. This class is for all fitness levels so if you regularly attend BODYPUMP classes this would be a great way to freshen up on your form.

## Intro to Cycling

**Saturdays, September 18th, October 16th, November 13th from 10:00AM to 11:00AM**

Never been to a Cycling Class? These basic classes deliver a great introduction to the class and will assist participants, new to Cycling, to become familiar with the format as they perform the exercises while being introduced to proper form. Intro classes focus on the fundamentals of each exercise, modifications, safety, cues, and the foundational techniques of Cycling followed by a small sample class. This class is for all fitness levels so if you regularly attend cycling classes this would be a great way to freshen up on your form.

## Intro to MELT

**Sundays, September 26th, October 17th, November 7th from 11:00AM to 12:30AM**

Come to a MELT 90 min intro workshop led by Lori Hill and experience changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free. This all-levels workshop will use a specialized soft roller and small MELT Hand and Foot treatment Balls to stimulate the results of manual therapy.

**\$35 Members/\$50 NonMembers**

## Float Yoga

**Thursday, October 7th - November 18th from 9:00AM to 9:50AM**

Take your love for yoga to the next level by moving it to the water in this 4 week specialty course. Float Yoga courses take place in the Pool where it combines hatha yoga and vinyasa yoga asanas, or poses over the water on floating fitmats. Practicing yoga on the water improves your balance and flexibility while encouraging being fully present in the moment and some humility for the occasional dip into the water!

**Free for Members**

## FloatNFit

- **Sundays, October 3rd - November 28th from 12:00PM to 1:00PM**
- **Mondays, October 4th - November 29th from 7:00PM to 7:55PM**
- **Wed, October 6th - November 29th from 7:00PM to 7:55PM**

Take working out to a whole new level. FloatNFit is a total body strength conditioning, aerobic workout using floating fitmats on the water. This interval-based class combines body weight exercise with intervals, designed to tone your body, improve your endurance, and challenge your balance, while clearing your mind. Squats and crunches will never feel the same again. This is one effective workout! Limited space. Registration required to attend.

**Free for Members**

## Yoga Fundamentals Workshop

**Saturdays, September 25th, October 16th, November 6th from 9:30AM to 11:30AM**

Yoga workshops are a great way to focus on your poses, ask questions, develop your practice and make new friends. Teachers will help guide you step-by-step to demonstrate poses, and make alignment adjustments, allowing you to focus on your practice for your body. These intimate group experiences offer a safe, nurturing and inspiring setting to begin your yoga journey or refresh your skills if you are already practicing. You will leave the workshop understanding basic yoga techniques and foundation poses to help you feel confident in a scheduled group class.

**\$30 Members/\$50 NonMembers**





# Adult Leagues & Programs

## Leagues

### Adult 3 on 3 Basketball League

**Thursday, August 12th - September 30th from 7:00PM to 10:00PM**

The adult 3 on 3 basketball league is the perfect way to stay in shape and improve your skills on the court doing something you love. Not to mention, it's a great way to stay connected with friends and make new ones. Join us for this 8 week league beginning with pool play and finishing with a seeded tournament. Contact Tyler at [tyler.tracy@sanfordhealth.org](mailto:tyler.tracy@sanfordhealth.org) or 701-234-7001 to register. Registration deadline is ongoing until league is full.

Ages 18+

**\$150 Members/\$240 NonMembers**

### Adult Basketball League

**Thursday, December 2nd - March 3rd from 6:00PM to 10:00PM (No games December 23rd or December 30th)**

Sign up today for the Adult Basketball League! Teams will play league games and an end of the year tournament. Our league has a group of trained officials for each game. Pick up your roster and a set of rules from the front desk or online. The roster needs to be completed and turned in the first night of league play. Registration deadline is Nov 19th, 2021. To receive the member price, team must have one member on the roster. Ages 18+

**\$495 Members/\$615 NonMembers**

### Racquetball Doubles League

**Tuesday, September 7th - October 26th from 6:00PM to 10:00PM**

Come join Family Wellness for a fun racquetball league! This league is for members AND non-members ages 15+. Games will start at 7:00pm and be scheduled every hour. There can be up to 12 players per skill group.

**\$50 Members/\$70 NonMembers**

### Racquetball League

**A Level | Thursday, September 9th - October 28th from 7:00PM to 10:00PM**

**BC Level | Thursday, November 4th - December 16th from 7:00PM to 10:00PM**

Come join Family Wellness for a fun racquetball league! This league is for members AND non-members ages 15+. Games will start at 7:00pm and be scheduled every hour. There can be up to 12 players per skill group.

**\$15 Members/\$30 NonMembers**

## Tournaments

### Inspire Wellness Racquetball Tournament

**Saturday, October 23rd from 7:00AM to 7:00PM**

Join Family Wellness for the Adult Racquetball Singles Tournament this fall! The tournament will offer A, B, and C levels of competition. All proceeds from the tournament will go directly to the Inspire Wellness Initiative which funds need based community programs in our area. The deadline to register is October 8th.

**\$30 Members and NonMembers**

# Services

## Registered Dietitian

The benefits of good nutrition are endless! Come check out our Registered Dietitian services to see how you can make lasting lifestyle changes. Sessions involve identifying how current eating patterns and behaviors could be hindering your ability to be your healthiest self. Together you will identify specific goals and develop a plan that will promote lasting change.

**These personalized plans can focus on many different topics such as:**

- Grocery Shopping Tips
- Sports Nutrition
- Recipe Selection, Meal Tips, and Meal Planning
- Healthy Substitution Ideas
- Label Reading
- Healthy Eating
- Weight Loss/ Weight Gain

**Register at the Front Desk**

## Personal Training

Our personal trainers are committed to helping you achieve your fitness and wellness goals. We work with you one-on-one to address your unique needs, and design a personal routine that fits your lifestyle.

**Personal Training Services and Specialties:**

- Athletes & Sports Performance
- Cancer Survivors
- Corporate Wellness
- Functional Fitness
- General Population
- High Intensity Interval Training
- Individuals with Limitations
- Joint Replacement
- Kettlebell Training
- Senior Fitness
- Small Group
- Strength Training
- Teen Fitness
- Women's Fitness
- Youth Fitness

**Register at the Front Desk**



**CARMA**

**CHARLOTTE**

**BECKY**

**GARY**

**MOLLY**





# Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH

## Looking For A Cause



Thursday,  
Nov 4th  
**2021**  
6:00pm-9:30pm

## Gourmet Gala

### Executive Chef Sponsors



Join us for the 2nd Annual Cooking for a Cause Gourmet Gala on Thursday, November 4th to support wellness programming in our community. The Junior Chef winners from the Healthy Kids Cooking Competition will be recognized and this event will also feature live music, a silent auction, a program with interactive twists, and more! All funds raised go towards the Inspire Wellness Initiative to help people in our community to cook well, move well, and live well for life.

Tickets are \$75 each and are available for purchase at [familywellnessfargo.org/inspire-wellness](https://familywellnessfargo.org/inspire-wellness)  
Sponsorship Packages Available.

Contact Angie Hasbrouck at 701-234-7294


# 10 years

**Save the Date!**

**Family Wellness turns TEN**

**on October 17th!**

***Familywellness***

A PARTNERSHIP BETWEEN **SANFORD** the **HEALTH** 

**Location:**

2960 Seter Parkway

Fargo, ND 58104

Phone: 701-234-2400

[familywellnessfargo.org](http://familywellnessfargo.org)