


# Program Guide

Winter Spring 2022

*Family*  
*wellness*

A PARTNERSHIP BETWEEN **SANFORD**   
HEALTH



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*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 surrounding 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 Winter Spring 2022 program offerings starting November 15th. Register at [familywellnessfargo.org](http://familywellnessfargo.org), at the Front Desk or call 701-234-2400.



# 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, January 4th, February 1st, March 1st, April 5th, OR May 3rd 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.

**\$15 Members / \$20 Nonmembers**

### Parent's Night Out

**Saturdays, January 8th, February 5th, March 5th, April 9th, OR May 7th from 4:45PM to 7:45PM**

Need a night out? Drop your kids 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.

**\$15 Members / \$20 Nonmembers**

### Camp Carnival

**Tuesday, March 8th from 5:00PM to 7:00PM**

Camp Carnival is a fun, free family event where you get to sample activities from our upcoming youth summer camps! Participants will get the opportunity to dip their toes into a little bit of each camp from sports, to cooking, and even wild wilderness. Activities include: large bouncy house, carnival treats, family craft, and much more! Summer camp registration will be available at a discounted, early bird price for those who are interested in signing up at the carnival. All ages are welcome!

**Free and open to the community**

### Free Child Developmental Screenings

**Thursdays, January 20th, February 17th, March 17th, April 21st OR May 19th 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**



# Youth Programs & Activities

## Youth Activities Series

Participants will learn and play sports of all sorts in a positive and encouraging environment. Youth ages 4-6 and 7-9 will be able to participate for each month. Due to a limited space available, registration is still required. Free for Members!

### **Sports Extravaganza | Tuesday, January 4th - 25th | Ages 4-6 from 5:45PM to 6:15PM | Ages 7-9 from 6:30PM to 7:15PM**

Sports Extravaganza is packed with a variety of fun sports for kids. Participants will learn and play sports of all sorts in a positive and encouraging environment. This program will focus on teamwork, sportsmanship and giving your best effort at all times.

**Free for Members/\$40 Nonmembers**

### **Sports Of All Sorts 1 | Tuesday, February 1st - 22nd | Ages 4-6 from 5:45PM to 6:15PM | Ages 7-9 from 6:30PM to 7:15PM**

Sports Of All Sorts is packed with a variety of fun sports for kids. Participants will learn and play a different sport each week including: flag football, Frisbee, T-Ball, and Speed & Agility. This program will focus on teamwork, sportsmanship, and having fun!

**Free for Members/\$40 Nonmembers**

### **Sports Of All Sorts 2 | Tuesday, March 1st - 22nd | Ages 4-6 from 5:45PM to 6:15PM | Ages 7-9 from 6:30PM to 7:15PM**

Sports Of All Sorts is packed with a variety of fun sports for kids. Participants will learn and play a different sport each week including: Basketball, Soccer, Volleyball, and Floor Hockey. This program will focus on teamwork, sportsmanship, and having fun!

**Free for Members/\$40 Nonmembers**

### **Games Galore | Tuesday, April 5th - 26th | Ages 4-6 from 5:45PM to 6:15PM | Ages 7-9 from 6:30PM to 7:15PM**

Games Galore series will allow your child to explore age appropriate games and activities. Participants will learn and play a variety of gym games while interacting with peers and instructors in a positive and encouraging environment.

**Free for Members/\$40 Nonmembers**

## Youth Programs

### **Lil' Kickers**

#### **Monday, February 7th - 28th | Ages 3-5 from 5:45PM to 6:15PM | Ages 6-8 from 6:30PM to 7:15PM**

This program offers the chance to learn and practice the basic fundamentals of Soccer. Each day there is a new skill to focus on, along with games and activities to help enhance those skills. Athletes will learn everything from dribbling to shooting, while having fun and learning the values of sportsmanship and teamwork!

**\$30 Members/\$60 Nonmembers**

### **Batter Up!**

#### **Monday, March 7th - March 28th | Ages 4-6 from 5:45PM to 6:15PM | Ages 7-9 from 6:30PM to 7:15PM**

Batter Up is a Tee Ball / Wiffle Ball program where kids ages 4-6 and 7-9 can learn the basic skills to baseball through fun drills and activities. They will also get the opportunity to play games that focus on their skills and help improve their game. Swing for the fences at Batter Up!

**\$30 Members/\$60 Nonmembers**

## Youth Tournaments

### **Inspire Wellness Youth Basketball Tournament**

#### **Friday, Saturday and Sunday, March 11th - 13th**

Family Wellness will host the Inspire Wellness Youth Basketball Tournament this March! There are both boy's and girl's divisions available for 5th-8th grade. 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 Friday, February 25th.

**\$200 per team**



# 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

#### Infant Massage

**Wednesday, January 5th from 6:00PM to 7:30PM**

**Wednesday, March 2nd from 6:00PM to 7:30PM**

**Wednesday, May 4th from 6:00PM to 7:30PM**

Massage has been shown to improve circulation, help infants to relax, regulate sleep patterns, stimulate digestive system and may relieve colic or gas. It also can improve communication, attachment and bonding between caregiver and infant, as well as caregivers may feel more confident in understanding their baby's cues. The class will be a hands-on experience for babies and their caregivers (bring baby).

#### Positive Parenting

**Tuesday, January 11th from 6:30PM 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.

#### Emotionally Healthy Children

**Wednesday, February 2nd from 6:30PM to 8:30PM**

**Wednesday, May 11th from 6:30PM to 8:30PM**

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

#### Keeping Your Baby Safe Around Pets

**Wednesday, January 12th from 6:30PM to 8:30PM**

**ONLINE Wednesday, February 16th from 6:30PM to 8:30PM**

**Wednesday, March 9th from 6:30PM to 8:30PM**

Bringing your baby home is a very exciting time for families but this time has potential to be confusing or frightening for your pet. Taking time to prepare yourself and your pet before the baby comes home is an important step for a rewarding child-pet relationship, and this class will prepare you to help your pet through this transition while keeping your new family member safe.

### Play & Milestones

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

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

### Toddler/Preschool Series

#### Positive Parenting

**Wednesday, January 26th from 6:30PM to 8:30PM**

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

#### Emotionally Healthy Children

**Wednesday, February 9th from 6:30PM to 8:30PM**

**Wednesday, May 18th from 6:30PM to 8:30PM**

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

#### Play and Milestones

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

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

#### Parent Series Self Care for Moms

**Tuesday, April 19th from 6:30PM to 8:30PM**

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

# Safety and Education

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

Wednesday, January 19th from 6:00PM to 10:00PM, Friday, February 4th from 1:00PM to 5:00PM, Wednesday, February 16th from 6:00PM to 10:00PM, Wednesday, March 23rd from 6:00PM to 10:00PM, Wednesday, April 13th from 6:00PM to 10:00PM, Friday, April 29th from 1:00PM to 5:00PM, OR Wednesday, May 25th 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, January 8th, February 5th, March 5th, April 2nd, OR May 14th 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**

# 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 or other special needs, and their caregivers who are 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. To register please call the front desk at 701-234-2400, and for more information contact Karsyn Wendt at 701-234-5996.



# 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 engage youth in team-based service experiences that build life and work skills while inspiring a lifetime ethic of service. YVC not only provides youth with critical leadership and job skills for future employment, but it also offers improved life trajectories. The program addresses unmet needs in the community and has positive ripple effects for countless local agencies and residents.

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! Membership benefits will continually extend as long as participants maintain service hour requirements. For more information contact Jessi at 701-234-7450 or at [Jessica.Kasprzak@SanfordHealth.org](mailto:Jessica.Kasprzak@SanfordHealth.org).

Check our website for more events this winter and spring!



# 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 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.

## 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 Manager at 701.234.6960 for further information on private swimming lessons.

## Private Swim Coaching

Our Private Swim Coaching program is intended for triathletes and other adults looking to improve their swimming strokes. We work with you one-on-one to address your specific needs and help you achieve your swimming goals. Instruction will focus on improving stroke technique in the areas of body position and balance, pull and kick efficiency, breathing patterns and core connection. Advice will also be provided for swimming conditioning, workouts, and racing and open water swimming.

The main focus will be on front crawl, but other areas such as backstroke, breaststroke, butterfly, or flip turns can receive instruction by request. Participants should know how to swim at least 100 yards front crawl without assistance.

## 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, January 11th - May 12th from 7:00PM - 8:00PM.

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

## Questions?

**Please contact Todd Peters, Aquatics Manager, at 701-234-6960 or [todd.peters@sanfordhealth.org](mailto:todd.peters@sanfordhealth.org) with any questions, for further information or to register for an adaptive or private swim lesson.**

# Winter Swim School Schedule

## Winter Session

### January 10th – March 12th (9 weeks)

- 9-week class: \$90 Members/\$180 Nonmembers\*
- Private Lessons: \$360 Members/\$720 Nonmembers\*\*

## Winter Session Registration Dates

- Member Online | Monday, November 15th
- Member In-person | Monday, November 22nd
- Nonmember Online | Monday, November 29th
- Nonmember In-person | Monday, December 6th

## Spring Session

### March 21st – May 14th (8 weeks)

- No lessons Saturday, April 16th (Easter weekend)
- 8-week class: \$80 Members/\$160 Nonmembers\*
- Pro-rated Saturday session: \$70 Members/\$140 Nonmembers\*
- Private Lessons: \$360 Members/\$720 Nonmembers\*\*

## Spring Session Registration Dates

- Member Online | February 14th
- Member In-person | February 21st
- Nonmember Online | February 28th
- Nonmember In-person | March 7th

\*Lesson prices are based on \$10/class Members, \$20/class Nonmembers

\*\*Private lesson prices are based on \$40/class Members, \$80/class Nonmembers

## 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 Todd Peters, Aquatics Manager, at 701-234-6960 or todd.peters@sanfordhealth.org with any questions.

## Monday Schedule:

3:30pm	Guppy	Starfish	
4:00pm	Guppy	Froggie	Turtle
4:30pm	PC	Starfish	Froggie
5:00pm	Guppy	Starfish	Turtle
5:30pm	PB	Otter	Seal

## Tuesday Schedule:

4:00pm	Guppy	Starfish	Turtle
4:30pm	Guppy	Starfish	Froggie
5:00pm	PC	Turtle	Otter
5:30pm	Guppy	Froggie	Starfish
6:00pm	PB	Turtle	Froggie
6:30pm	Otter	Seal	Shark
7:00pm	7:00PM - 8:00PM Adult Swim Team (Tues & Thurs)		
7:30pm			

## Thursday Schedule:

4:00pm	Guppy	Froggie	Starfish
4:30pm	Guppy	Starfish	Turtle
5:00pm	PB	Starfish	Froggie
5:30pm	Guppy	Turtle	Otter
6:00pm	PC	Starfish	Froggie
6:30pm	Otter	Seal	Shark
7:00pm	7:00PM - 8:00PM Adult Swim Team (Tues & Thurs)		
7:30pm			

## Saturday Schedule:

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





## Kids Healthy Cooking Programs

### Junior Chef Series

**Tuesdays, March 1st - 29th from 5:30PM to 6:30PM | Ages 8-9**

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, March 1st - 29th from 6:45PM to 7:45PM | Ages 10-12**

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.

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

## Adult Healthy Cooking Classes

### No Bake Protein Snacks

**Monday, January 10th from 5:30PM to 6:30PM**

It's a fun evening of creating different protein mixes! We will go over the importance of protein and how it works with the body. We will be making a few different recipes that you can adjust to your liking!

### Heart Healthy Bowls

**Monday, February 7th from 5:30PM to 6:30PM**

Come celebrate your heart! We will chop, slice, and cook a variety of veggies, protein, and starch to build-your-own healthy heart bowl!

### Thai Soup and Spring Rolls

**Tuesday, February 22nd from 6:00PM to 7:30PM**

During this class we will be making a flavorful Thai soup and pairing it fresh spring rolls with a peanut sauce.

### Let's Make Salsa

**Monday, April 11th from 5:30PM to 6:30PM**

It's a Salsa making kind of night! We will be making fresh Salsa with a variety of veggies and condiments.

### Chicken Tikka Masala

**Tuesday, April 12th from 6:00PM to 7:30PM**

Learn to make this warm, comforting and traditional dish along with a few sides that showcase the flavors of Indian cuisine.

### Veggie Burgers

**Monday, May 9th from 5:30PM to 6:30PM**

Let's celebrate the upcoming summer season with homemade veggie burgers. We will chop, mix, and cook our patties, along with various toppings and fresh sides.

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

# 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 Thursday, March 31st with the live competition for finalists scheduled for Saturday, April 23rd 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, April 23rd. 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 on Thursday, May 5th at the Avalon Events Center.

All applications must be received by March 31st at [familywellnessfargo.org/kids-healthy-cooking-competition/](http://familywellnessfargo.org/kids-healthy-cooking-competition/) or complete the application on the back of this page and mail it to Family Wellness 2960 Seter Parkway, Fargo, ND 58104.

### Executive Chef Sponsors



Familywellness



# Group Fitness

Fitness comes in all shapes and sizes, and whether you're new to exercise or are a workout regular, Family Wellness has something for you. Our group fitness schedule features classes every day of the week and include popular formats like BODYPUMP, Zumba, Cycling, Barre, Yoga, HIIT, and many others. All classes are free for members unless indicated on the schedule.

**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.

## Intro to Bodypump

**Saturdays, January 15th, February 12th, March 12th, OR April 9th 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.

**Free for members/Guest Pass NonMembers**

## Intro to Cycling

**Saturdays, January 22nd, February 19th, March 19th, OR April 16th 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.

**Free for members/Guest Pass NonMembers**

## Yoga, Adrenal Fatigue & Menopause Workshop

**Friday, January 14th from 5:45PM to 7:45PM**

Hormonal imbalance in the adrenal glands can produce symptoms that are quite similar to menopausal symptoms, making it difficult for women to uncover the underlying cause of their issues. It's important for women to understand how adrenal fatigue and menopause symptoms could overlap, and the ways in which adrenal fatigue and menopause are connected. This Workshop is for anyone looking for natural ways to manage stress and soothe overworked adrenals and menopause symptoms.

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

## Intro to MELT

**Saturdays, January 22nd, March 19th, OR April 23rd from 12:30PM to 2:00PM**

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**

## Yoga Fundamentals Workshop

**Saturdays, January 22nd, March 19th, OR April 23rd 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**

## FloatNFit

- **Wednesdays, February 2nd - March 23rd from 7:00PM to 7:55PM**
- **Thursdays, February 3rd - March 24th from 9:00AM to 9:50AM**
- **Sundays, February 6th - March 27th from 12:00PM to 1:00PM**
- **Mondays, February 7th - March 28th 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/Guest Pass NonMembers**



# Leagues & Tournaments

## Leagues

### Racquetball League | BC Level

Thursdays, January 13th - February 17th from 6:00PM to 10:00PM

Come join Family Wellness for a fun racquetball league! This league is for members AND non-members ages 18+. Games will start at 7:00pm and be scheduled every hour. There can be up to 12 players per skill group.

**\$30 Members/\$50 Nonmembers**

## Tournaments

### Inspire Wellness Adult Basketball Tournament

Friday, Saturday and Sunday, February 18th - 20th

Family Wellness will host the Inspire Wellness Adult Basketball Tournament this February! There are both men's and women's divisions available. 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 Friday, February 4th.

**\$225 Members (team must have one member on the roster)/\$250 Nonmembers**

### Sand Volleyball Tournament

Saturday, June 4th from 9:00AM to 8:00PM

Family Wellness will host the Inspire Wellness Co-Ed Adult Sand Volleyball Tournament this June! 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 Friday, May 13th. This tournament will be at Gastropub.

**\$150 per team**

# PERSONAL TRAINING



**CARMA**

**CHARLOTTE**

**GARY**

**MOLLY**



Athletes & Sports Performance, Boot Camps, 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, TRX, Women's Fitness, Youth Fitness

## REGISTERED DIETITIANS



**ERIN**

**MORIAH**



Cooking on a Budget, Diabetes Prediabetes and Gestational, Sports Performance, Weight Loss, Youth Nutrition

# Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH

## Looking For A Cause



THURSDAY,  
MAY 5TH  
2022  
6:00PM - 9:30PM

## Gourmet Gala

### Executive Chef Sponsors



Join us for the 2nd Annual Cooking for a Cause Gourmet Gala on Thursday, May 5th 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





## Rentals & Parties

Family Wellness is a great place to celebrate! Some of the parties and events we can host include:

- Pool birthdays
- Indoor play structure birthdays
- Corporate parties
- Church events
- Senior All Night parties
- Daycare outings
- Small or large meetings
- Receptions
- Private group cooking classes
- Private group exercise classes

We recommend you call a minimum of 10 days in advance for availability.

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## Giving Hearts Day

Help someone.

The Family Wellness Inspire Wellness Initiative helps people Cook Well, Move Well and Live Well for life. On February 10th, donate \$10 or more online at [givingheartsday.org](http://givingheartsday.org) and our corporate sponsors will match your gift up to \$3,000!

Run Your Heart Out by running on one of our sponsored treadmills on that day and sponsors will donate \$5 for EACH mile you run or walk on a sponsored treadmill

**Location:**

2960 Seter Parkway  
Fargo, ND 58104

Phone: 701-234-2400  
[familywellnessfargo.org](http://familywellnessfargo.org)