

A photograph of a man in a grey t-shirt and dark pants lifting a large black dumbbell in a gym. A personal trainer in a black t-shirt with the 'FamilyWellness' logo stands next to him, smiling and observing. The background shows gym equipment and a bright, open space. The image is framed by a large pink triangle on the left and a multi-colored geometric shape (orange, green, blue) at the bottom right.

*FamilyWellness*

**WINTER/SPRING 2025  
PROGRAM GUIDE**

**JANUARY - MAY**



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## COMPANY BACKGROUND

### **Sanford Health and the YMCA of the Northern Sky: A Partnership for Community**

Sanford Health and the YMCA of the Northern Sky 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.

### **Ignite Wellness**

As a nonprofit organization, Family Wellness is dedicated to impacting the health of children, adults, and families in our community. Our new annual campaign, Ignite Wellness, drives this mission through inclusive wellness programming for all ages, educational resources to boost health literacy, and community outreach initiatives that make wellness services accessible to everyone.

### **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 2025 program offerings starting December 2 for members or December 9 for non-members.**

**Register at [www.familywellnessfargo.org](http://www.familywellnessfargo.org), at the Front Desk or call 701-234-2400.**

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



# YOUTH PROGRAMS

## Drop In Childcare

Drop In Childcare is available for members and non-members ages 2 weeks through 9 years old while a parent/guardian is in the building. With an indoor play structure, 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 or a membership with childcare must be purchased at the front desk prior to entering the childcare area.

## Reservation Childcare

Need to get stuff done? Drop off your kids in the Family Wellness Childcare for some time without your little helpers! The purpose of Family Wellness' Reservation Care is to provide your children with a safe and fun environment where they can engage in interactive and imaginary play while under close supervision of the Childcare staff! Reservation Care is offered Monday – Thursday from 8:00AM – 7:00PM and Fridays 12:00 – 3:00PM! **Cost is \$25/family for members and \$45/family for non-members and is for a maximum duration of 3 hours.**

## Childcare Events

### Parent's Night Out

**Fridays | January 10, February 7, March 7, April 4, May 9 | 4:45 - 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 Thursday prior to the event. Parent's Night Out 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 non-members**

### Child Developmental Screenings

**Thursdays | January 16, February 20, March 20, April 17, May 15 | 8:30 - 10:30AM**

Pediatric Therapy Partners provides 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.

**Free for members | Registration is required**

## Youth Programs

### Jump & Play!

**Mondays | Jan 6, Jan 13, Jan 27, Feb 3, Feb 10, Feb 24, March 3, March 10, March 17, April 7, April 14, April 28**

**Ages 3-6: 4:30 - 5:00PM | Ages 7-10: 5:05 - 5:35PM**

Come join us for bounce house Mondays! There will be a bounce house set up in the gym as well as other activities such as obstacle courses, scooters, and hula hoops for your child(ren) to come and get their wiggles out!

**Free members | \$15 non-members**

## Winter/Spring Youth Camps

Family Wellness features a variety of school's out camps for ages 5-11. These camps are designed to promote activity and fun, whether you're splashing in the pool, playing games in the gym or inspiring a future chef in a healthy cooking program.

### Martin Luther King Jr. Day Camp

**January 20 | 9:00AM - 4:00PM**

Join us on Martin Luther King Jr. Day! There will be a variety of activities planned such as gym time, crafts, and swimming.

**\$40 members | \$50 non-members**

### President's Day Camp

**February 17 | 9:00AM - 4:00PM**

Come hang out at Family Wellness on President's Day! There will be a variety of activities planned such as gym time, crafts, and swimming.

**\$40 members | \$50 non-member**

**For more information, contact Jessi, Childcare & Youth Programs Manager at [jessica.fetsch@sanfordhealth.org](mailto:jessica.fetsch@sanfordhealth.org), 701-234-7450**





# SUMMER CAMPS

**Registration for Summer Camps opens February 1!** Family Wellness offers week long camps from May 28 – August 8 for children ages 5-11. From cooking and crafts to sports and outdoor time, our summer camps offer a unique experience for your campers! Before and after care available for additional fee. *Financial assistance is available.*

**Summer Kickoff Camp: May 28 - May 30** | Let's get summer started! This 3-day camp will kick off summer with fun crafts, outdoor activities, and games.  
**\$120 members | \$150 non-members**

**Camp Adventureland: June 2 - 6** | Let's go on an adventure! Campers will be busy practicing safe exploring indoors and outdoors along with crafts, games, and swimming!  
**\$205 members | \$235 non-members**

**Camp Top Chef: June 9 - 13** | It's time to get cooking! Join us for a week filled with cooking lessons and recipes. Campers will learn proper knife skills, try new foods, and so much more!  
**\$205 members | \$235 non-members**

**Wilderness Camp: June 16 - 20** | Welcome to the Great Outdoors! We will spend the week exploring outside. What plants, animals, and bugs can we find?!  
**\$205 members | \$235 non-members**

**Camp Fun In The Sun: June 23 - 27** | Time to make a splash! Let's hop in the pool and enjoy a fun filled week at Family Wellness! Join us for the fun!  
**\$205 Members | \$235 non-members**

**Camp's Got Talent: July 7 - 11** | What's your secret talent? Camp's Got Talent will allow campers participate in activities like dance, art, drawing, painting, and magic tricks!  
**\$205 members | \$235 non-members**

**Creative Cooking Camp: July 14 - 18** | Creative Cooking Camp is here to learn new ways to have fun in the kitchen. In this camp we will focus on creating healthy recipes and enhancing your skills and knowledge within the kitchen.  
**\$205 members | \$235 non-members**

**Mad Science Camp: July 21 - 25** | Mad Science camp is designed to be fun and help kids engage in develop critical thinking, problem-solving, and collaboration skills.  
**\$205 members | \$235 non-members**

**Fun & Fitness Camp: July 28 - August 1** | Let's get our body moving! This camp will be full of fitness, and of course, FUN!  
**\$205 members | \$235 non-members**

**End of Summer Bash Camp: August 4 - 8** | Let's celebrate the final week of camp with games, fun, and an end of the summer party. We will make sure to include all of the summer favorites again this week!  
**\$205 members | \$235 non-members**

**Swim School Add-On** | Register for Summer Camp and swimming lessons all in one! Now offering an add-on option to purchase lessons during our daytime Swim School sessions each week that camp is offered. **Additional charge of \$50/session for members and \$100/session for non-members.**

*Financial Assistance is available. For more information, contact Jessi, Childcare & Youth Programs Manager at [jessica.fetsch@sanfordhealth.org](mailto:jessica.fetsch@sanfordhealth.org), 701-234-7450*





# SWIM SCHOOL

## Family Wellness Swim School

Family Wellness Swim School takes pride in our exciting water-safe program, where each child progresses at their own pace. Through positive reinforcement, practice and patience, students learn water-safe swimming skills while having fun. Lessons are offered for everyone ages 6 months through adulthood. Classes are structured by age and ability to accommodate varying skill levels within each age group. Student to teacher ratios are 4:1 except for Parent/Baby and Parent/Child classes which are 6:1. Our goal is to teach your child in a fun and safe environment that builds confidence, self-esteem and a feeling of accomplishment. **Cost for lessons is \$60 for members and \$120 for non-members.**

### Adult and Teen Non-Swimmers

Individuals aged 13 and over with limited or no swimming experience may register for private lessons at half the regular cost. These lessons are tailored to each individual's needs and progress at a comfortable speed for the participant. Contact Aquatics Department for more information.

**\$20/30-minute lesson for members and \$40/30 minute lesson for non-members.**

### Private/Semi-Private Lessons

This is a great option for students to receive one-on-one attention and extra practice to refine skills. Instructors will communicate with parents to ensure the class is working towards agreed upon goals. Semi-private lessons may have two to four kids. It is recommended the students be close in skill level so the instructor can tailor the lessons to the skills of all participants. **Lessons are scheduled by arrangement and the cost is \$40/30-minute lesson for members and \$80/30-minute lesson for non-members.**

### Modified Swim Lessons

These one-on-one lessons are for swimmers with specific needs and are tailored towards the skills of each participant. Instructors will communicate with parents to ensure the class is working towards agreed upon goals. **Lessons are scheduled by arrangement and the cost is \$20/30-minute lesson for members and \$40/30 minute lesson for non-members.**

**Questions? Please contact Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org) to arrange private, semi-private or adaptive lessons.**



# 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.

## Level 1: Guppy

Children can begin to get comfortable in the water independent of their parents by learning to move through the water and submerging their head under the water.

## Level 2: Starfish

Kids will become more confident and comfortable in the water independent of their parents by learning how to float on their front and back, roll from front to back, and to independently kick on their back.

## Level 3: Froggie

Participants will build on their independence in the water by swimming greater distances. They will learn to transition from swimming on their front to their back with ease.

## Level 4: Turtle

Participants work on swimming under water, learning defined backstroke and front crawl, and breaststroke kicking.

## Level 5: Otter

Students will swim further distances in backstroke, front crawl, and elementary backstroke and learn breaststroke and dolphin kick.

## Level 6: Seal

Students will increase their strength and endurance by swimming multiple lengths of front crawl and backstroke with flip turns as well as working on breaststroke, butterfly, sidestroke, and elementary backstroke.

## Level 7: Shark

These experienced swimmers will swim multiple lengths of the four competitive strokes: front crawl, backstroke, breaststroke, and butterfly while using the proper turns and underwater components for each stroke. Students who successfully complete the Shark class will be prepared for competitive swimming or entry into a lifeguard certification course.

## Winter/Spring Swim School Schedule

Cost for lessons is \$60 for members and \$120 for non-members. Registration opens December 2 for members and December 9 for non-members. Financial assistance is available.

### Session Dates:

**Winter Session: January 13 - February 22 (6 weeks)**

**Spring Session 1: February 24 - April 5 (6 weeks)**

**Spring Session 2: April 7 - May 17 (6 weeks)**

### Classes Offered:

**Mondays 4:30 - 6:00PM | Tuesdays 4:30 - 7:00PM | Saturdays 9:00AM - 12:00PM**

- \$60 Members | \$120 non-members
- Private lessons are \$40 per class for members and \$80 per class for non-members.
- Check [www.familywellnessfargo.org/swim-school](http://www.familywellnessfargo.org/swim-school) for up-to-date detailed class offering information.

**Questions? Please contact Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org) to arrange private, semi-private or adaptive lessons.**





Familywellness

# HEALTHY COOKING

## NDSU Meat Science

Join us for our education series, "Meaty Monday" in partnership with the NDSU Meat Science Program.



### Protein Intake for Muscle Maintenance

**Monday, January 27 | 5:00 - 7:00PM | Ages 16+**

Discover simple, delicious recipes that support muscle health and fuel your active lifestyle.

**\$15 members | \$25 non-members**

### Perfect Pork Chop

**Monday, February 24 | 5:00 - 7:00PM | Ages 16+**

Learn expert tips and techniques for preparing this versatile cut, with delicious recipes that highlight flavor and texture, support muscle health, and fuel your active lifestyle.

**\$15 members | \$25 non-members**

### Spices, Rubs, and Marinades

**Monday, March 31 | 5:00 - 7:00PM | Ages 16+**

Learn how to enhance your meals with bold, delicious flavors and elevate your cooking game.

**\$15 members | \$25 non-members**

### Muscle and Menopause

**Monday, April 28 | 5:00 - 7:00PM | Ages 16+**

Learn how to prepare protein-packed meals that support muscle maintenance and overall well-being during this important stage of life.

**\$15 members | \$25 non-members**

### Grilling Basics

**Monday, May 19 | 5:00 - 7:00PM | Ages 16+**

Learn essential techniques for mastering the grill, from perfecting your meat prep to achieving the ideal cook on every cut.

**\$15 members | \$25 non-members**

## Senior Healthy Cooking Classes

### Cozy Soups

**Friday, January 3 | 10:00 - 11:30AM | Ages 50+**

Learn how to pack vegetables and whole grains into warming soups that will satisfy throughout the cold months.

**\$5 members | \$10 non-members**

### Cooking with Whole Grains

**Friday, March 7 | 10:00 - 11:30AM | Ages 50+**

Fiber is a critical part of our diets, but most Americans don't get enough of it. Learn tasty recipes that use whole grains in new ways.

**\$5 members | \$10 non-members**

### Cooking with Beans and Legumes

**Friday, May 2 | 10:00 - 11:30AM | Ages 50+**

Beans and legumes are great sources of fiber and nutrients, but they can get boring. Learn three exciting recipes that showcase this super food in new ways.

**\$5 members | \$10 non-members**

**For more information, contact Tori, Community Cooking Coordinator at 701-234-8162, [tori.lee@sanfordhealth.org](mailto:tori.lee@sanfordhealth.org).**



# HEALTHY COOKING

## Adult Healthy Cooking Classes

### Cheesy Vegan Pizza Beans

**Tuesday, January 14 | 5:30 - 7:30PM | Ages 16+**

This is a fun and flavorful twist on classic pizza. Simple to make, packed with protein, and full of pizza-inspired goodness!

**\$15 members | \$25 non-members**

### Gameday Chili

**Thursday, January 16 | 5:30 - 7:30PM | Ages 16+**

Learn simple changes to a classic game day meal that includes more heart-healthy whole grains & simple swaps.

**\$15 members | \$25 non-members**

### Sourdough 101

**Tuesday, February 18 | 5:30 - 7:30PM | Ages 16+**

Learn the basics of sourdough and go home with your own starter!

**\$15 members | \$25 non-members**

### Lemon Baked Salmon with Garlic Dill Sauce

**Thursday, February 20 | 5:30 - 7:30PM | Ages 16+**

This is a flavorful, easy-to-make dish that combines tender, flaky salmon with a zesty lemon infusion.

**\$15 members | \$25 non-members**

### Irish-Theme Night

**Monday, March 10 | 5:30 - 7:30PM | Ages 16+**

Few things are more comforting than a thick stew and warm bread. Join us for an Irish-themed meal just in time for St. Patrick's Day.

**\$15 members | \$25 non-members**

### Romaine Taco Boats

**Thursday, March 13 | 5:30 - 7:30PM | Ages 16+**

Crisp romaine lettuce leaves serve as the perfect vessel for your favorite taco fillings!

**\$15 members | \$25 non-members**

### Pasta Making

**Monday, April 14 | 5:30 - 7:30PM | Ages 16+**

Learn the basics of handmade pasta that doesn't require any special equipment during this hands-on class.

**\$15 members | \$25 non-members**

### Creamy Vegan Cucumber Salad

**Tuesday, April 22 | 5:30 - 7:30PM | Ages 16+**

Creamy, German-inspired cucumber salad with fresh dill and tangy coconut yogurt.

**\$15 members | \$25 non-members**

### Yeast Bread Basics

**Tuesday, May 20 | 5:30 - 7:30PM | Ages 16+**

Join us in the kitchen for a night of bread-making 101 where you'll mix, knead, and shape rolls.

**\$15 members | \$25 non-members**

### 1-Bowl Vegan S'mores Cookies

**Thursday, May 22 | 5:30 - 7:30PM | Ages 16+**

These are a sweet, indulgent treat that combines the classic flavors of s'mores in a simple, plant-based version.

**\$15 members | \$25 non-members**

## Kids Healthy Cooking Classes

### Zucchini Crust Pizza

**Wednesday, January 8 | 5:30 - 6:45PM | Ages 7-12**

A light and delicious alternative to traditional pizza, featuring a crispy, gluten-free crust made from shredded zucchini.

**\$15 members | \$25 non-members**

### Healthier Scotcheroos

**Thursday, January 30 | 5:30 - 6:45PM | Ages 7-12**

No white sugar or corn syrup needed to make these bars yummy! Learn how natural sweeteners can be just as good!

**\$15 members | \$25 non-members**

### Heart Shaped Veggie Pizza

**Monday, February 10 | 5:30 - 6:45PM | Ages 7-12**

Let's make pizza with a healthy and fresh veggies topping!

**\$15 members | \$25 non-members**

### Lemon Blueberry Muffins

**Thursday, February 27 | 5:30 - 6:45PM | Ages 7-12**

These lemon blueberry muffins are a delicious combination of tangy citrus and sweet, juicy blueberries.

**\$15 members | \$25 non-members**

### Homemade Pasta

**Wednesday, March 19 | 5:30 - 6:45PM | Ages 7-12**

This simple yet satisfying dish is a timeless favorite, ideal for any occasion and sure to please anyone.

**\$15 members | \$25 non-members**

### Granola Bites and Smoothies

**Monday, March 24 | 5:30 - 6:45PM | Ages 7-12**

Let's make a healthy after school snack!

**\$15 members | \$25 non-members**

### Rainbow Food

**Monday, April 7 | 5:30 - 6:45PM | Ages 7-12**

We'll make a fruit and a veggie recipe to teach kids how yummy "eating the rainbow" can be!

**\$15 members | \$25 non-members**

### Peanut Butter Cookies

**Tuesday, April 29 | 5:30 - 6:45PM | Ages 7-12**

With their classic crisscross pattern and melt-in-your-mouth texture, these cookies are sure to satisfy any craving for a comforting, homemade dessert.

**\$15 members | \$25 non-members**

### Mini Fruit Pizzas

**Monday, May 5 | 5:30 - 6:45PM | Ages 7-12**

We'll make a healthier version of a spring/summer dessert

**\$15 members | \$25 non-members**

### Protein Packed Chicken Nuggets

**Wednesday, May 14 | 5:30 - 6:45PM | Ages 7-12**

High in protein and low in guilt, they're perfect for a nutritious snack, meal prep, or a kid-friendly dinner option that everyone will love.

**\$15 members | \$25 non-members**





**FamilyWellness**

# FITNESS PROGRAMS

## Youth Fitness Programs

### Youth Healthy Lifestyle Training

**Sign up for 8 sessions at your convenience | Ages 8-14**

1 on 1 training teaching the fundamentals of exercise and ways to make it fun and enjoyable for kids. Includes 1 healthy cooking class as well as a parent Q&A on youth fitness. Kids will also be provided a packet of ways to stay active and healthy after the program.

**\$140 members | \$200 non-members**

### Teen Fitness Orientation

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday of every month | 4:00 - 4:45PM | Ages 12 - 14**

Get to know how to properly use all our machines and cardio equipment by going through an orientation with one of our certified personal trainers. By completing this orientation all kids 12-14 years old will be able to use this equipment without the supervision of a guardian.

**FREE for members**

### Youth Power Camp

**4 week sessions starting the first Wednesday of the month | 4:30 - 5:15PM | Ages 12 - 16**

This after school power camp will provide a fast paced circuit involving speed, agility, plyometric, and strength exercises. Focus will be put on learning technique and having fun while working on enhancing athleticism. Limited to 6 individuals.

**\$60 members | \$110 non-members**

## Adult Fitness Programs

### Barbell Basics for Women

**Thursdays | February 6 - 20 | 5:30 - 7:00PM | Ages 18+**

This is a 3 part workshop that will go over the three main barbell lifts; squat, bench, and deadlift. This workshop is designed for women who have an interest in strength training or who have limited experience in strength training and want to learn how to properly use a barbell. You will learn the mechanics of each lift, safety considerations, and get hands-on practice.

**\$75 members | \$125 non-members**

### Pure Bodyweight Strength Training

**4 week sessions starting the first Monday of the month | Mondays & Wednesdays | 9:00 - 9:45AM | Ages 18+**

Join this opportunity to experience a high tempo workout involving bodyweight exercises and their progressions as well as many mobility drills to keep you feeling at the top of your game. Limited to 8 participants. 8 sessions total.

**\$120 members | \$200 non-members**

### Training for Seniors

**4 week sessions starting the first Tuesday of the month | 10:00 - 10:45AM | Ages 50+**

An opportunity for older individuals to train in a group setting that focuses on mobility, flexibility, and balance to assist in feeling better and staying healthy. Limited to 10 participants.

**\$60 members | \$110 non-members**

**For more information, contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, [matthew.bauman@sanfordhealth.org](mailto:matthew.bauman@sanfordhealth.org).**



## WELLNESS TRAINERS



**MATT**  
PERSONAL TRAINER



**NICK**  
PERSONAL TRAINER



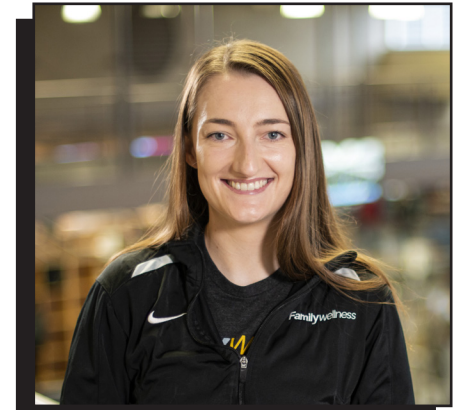
**CHARLOTTE**  
PERSONAL TRAINER



**ABS**  
PERSONAL TRAINER



**GARY**  
PERSONAL TRAINER



**PAIGE**  
PERSONAL TRAINER



**AUSTIN**  
PERSONAL TRAINER



**GRACE**  
PERSONAL TRAINER



**VANESSA**  
REGISTERED DIETITIAN

*For more information and rates on Personal Training OR Nutrition Counseling, [www.familywellnessfargo.org/fitness](http://www.familywellnessfargo.org/fitness)*





Familywellness

# GROUP FITNESS

## Intro to Group Fitness Series

### Intro to BODYPUMP®

**Sundays | January 26, April 27 | 10:00 - 11:30AM**

Focus on the fundamentals of each exercise, modifications, safety, cues and the foundation of BODYPUMP®.

**Free for members | Day pass for non-members**

### Intro to Cycling

**Sundays | February 2, May 4 | 10:00AM - 11:00AM**

These basic classes will assist participants to become familiar with cycling while being taught proper form.

**Free for members | Day pass for non-members**

### Intro to ZeSa

**Sundays | January 19, April 20 | 10:00 - 11:00AM**

The perfect class to explore ZeSa at a steady and structured pace to help prepare you for a regular class.

**Free for members | Day pass for non-members**

### Intro to BODYCOMBAT®

**Sundays | February 9, May 11 | 10:00 - 11:00AM**

Come learn the basics of our newest format! This is a martial arts-inspired workout that is totally non-contact.

**Free for members | Day pass for non-members**

## Workshops & Events

### Foundations of Strength: Pelvic Floor Healing and Care

**Thursdays | January 23, March 20 | 5:30 - 6:45PM**

Learn how the pelvic floor connects to your overall core function and gain practical tips for integrating these exercises into your daily life.

**\$35 members | \$50 non-members**

### Intro to Movement and Meditation for Stress Management

**1-day workshop | Saturday, January 4 | 12:30 - 2:00PM**

**\$35 members | \$50 non-members**

**4-week series | Fridays | January 10 - 31 | 10:30 - 11:30AM**

**\$45 members | \$55 non-members**

Explore the art of integrating nutritious movement patterns that enhance sensory motor awareness and erase sensory motor amnesia.

### Introduction to Yoga Fundamentals for Bone Health Workshop

**1-day workshop | Saturday, February 1 | 12:30 - 2:00PM**

**\$35 members | \$50 non-members**

**4-week series | Fridays | February 7 - 28 | 10:30 - 11:30AM**

**\$45 members | \$55 non-members**

Discover how yoga can be beneficial for conditions like osteopenia and osteoporosis, backed by studies showing its positive impact on bone health.

### Introduction to MELT METHOD: Restore The Core

**1-day workshop | Saturday, March 1 | 12:30 - 2:30PM**

**\$35 members | \$50 non-members**

**4-week series | Fridays | March 7 - 28 | 10:30 - 11:30AM**

**\$45 members | \$55 non-members**

Regain pelvic stability, mobility, and core control in this targeted workshop using the MELT Method.

### Yoga, Hormonal Balance & Menopause Workshop

**Saturday, April 12 | 9:00 - 11:00AM**

This workshop is for anyone looking for natural ways to manage stress and soothe overworked adrenals and menopause symptoms.

**\$35 members | \$50 non-members**

### FloatNFit

**Sundays | January 5 - February 23 | 4:00 - 5:00PM**

**Wednesdays | April 9 - May 28 | 7:00 - 8:00PM**

Take working out to a whole new level! FloatNFIT specialty courses are a total body strength conditioning, aerobic workout using floating fitmats on the water.

**Registration required prior to class.**

**Free for members | Day pass for non-members**

### Yoga for Addiction Recovery Workshop

**Tuesday, January 21 | 5:30 - 7:30PM**

In this workshop we will look at how yoga can be designed to complement the work of the 12-step program in alleviating the pain and suffering that comes with addiction and relapse.

**Held at Soul Solutions Recovery Center**

**Free for members and non-members**

**For more information contact Karla, Group Fitness Manager at [karla.hensrud-wagner@sanfordhealth.org](mailto:karla.hensrud-wagner@sanfordhealth.org), 701-234-6097**



# WELLNESS PROGRAMS

## Member Events

### Coffee Social

**Thursdays | January 16, February 20, March 20, April 17, May 15 | 9:00AM - 11:00AM**

Join us in the multipurpose room/lobby to enjoy a warm cup of coffee and chats.

**Free for members**

### Dive-In Movie Nights

**Fridays | January 31, March 28 | 6:45 - 8:30PM**

We're bringing the big screen to aquatics! Grab your floaties and join us for a relaxing movie night with a twist.

**Free for members | Day pass for non-members**

### Facility BINGO

**April - May**

Family Wellness is offering an exciting BINGO challenge this spring that promises to elevate your fitness journey while offering opportunities to win great prizes.

**FREE for members**

## Wellness Programs

### Sanford Physical Therapy Screenings

**2<sup>nd</sup> Tuesday of every month | 9:00 - 11:00AM**

Family Wellness is partnering with Sanford Physical Therapy to bring screenings to our members! The therapist will give you guidance on next steps to improve your ability to move well. Limited individual 15-minute time slots.

**FREE for members**

### Golf Fitness Screenings & Training

**Multiple offerings and packages available, scheduled at your convenience!**

Looking for ways to stay on top of your golf game in the off-season? Meet with a TPI Fitness 2 Certified Coach to work on any limitations that may be affecting your swing as well as increasing power and preventing injuries. Ages 16+.

### Inbody Assessments

**1<sup>st</sup> Tuesday of every month | January 7, February 4, March 4, April 1, May 6 | 4:00 - 6:00PM | Ages 15+**

**3<sup>rd</sup> Thursday of every month | January 16, February 20, March 20, April 17, May 15 | 9:00 - 11:00AM | Ages 15+**

The InBody Scan measures body composition by giving a breakdown in muscle mass, body fat, and water weight.

Sign up for an assessment and get a consultation on your results from one of our certified personal trainers.

**\$10 members | \$20 non-members**



## Group Fitness Launches

### BODYPUMP® Launch

**Saturdays | February 1, May 3 | 7:45 - 8:45AM and 9:15 - 10:15AM | Ages 15+**

Les Mills BODYPUMP is the original barbell class that strengthens your entire body.

**Free for members | Day pass for non-members**

### RPM® Launch

**Saturdays | February 8, May 10 | 9:00 - 10:00AM | Ages 15+**

In a Les Mills RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

**Free for members | Day pass for non-members**

### BODYCOMBAT® Launch

**Saturdays | February 15, May 17 | 10:30 - 11:30AM | Ages 15+**

This class is a high-energy martial arts-inspired workout that is totally non-contact. Bring your best fighter attitude and leave inhibitions at the door.

**Free for members | Day pass for non-members**

### SHAPES™ Launch

**Saturday, January 4 | 7:45 - 8:30AM | Ages 15+**

This innovative class blends elements of Pilates, barre, and power yoga to provide a unique, low-impact workout that targets major muscle groups, builds core strength, and enhances flexibility.

**Free for members | Day pass for non-members**



# LEAGUES & SAFETY EDUCATION

## Leagues & Tournaments

### Winter Pickleball League

**Wednesdays | January 8 - February 26 | 8:30 - 10:30AM | Ages 16+**

Join us for our Ladder Pickleball League! Games will be scheduled between 8:30 - 10:30AM. No need to find a partner as each week you will be paired with other individuals with similar skill level. You will play with a different partner each game and based on individual results you will be placed accordingly for the following week. Spots will be limited to 32. **\$12/person members | \$25/person non-members | Registration deadline: January 6**

### Spring Pickleball League

**Wednesdays | April 2 - May 21 | 8:30 - 10:30AM | Ages 16+**

Join us for our Ladder Pickleball League! Games will be scheduled between 8:30 - 10:30AM. No need to find a partner as each week you will be paired with other individuals with similar skill level. You will play with a different partner each game and based on individual results you will be placed accordingly for the following week. Spots will be limited to 32. **\$12/person members | \$25/person non-members | Registration deadline: March 31**

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## Safety Education

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

**Thursdays | January 23, February 20, March 20, April 24, May 15 | 6:00 - 8:00PM | Ages 15+**

***This is a blended learning class with some coursework completed online in advance.***

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.

**\$65 members | \$105 non-members**

### Babysitter Training

**Saturdays | January 4, February 1, March 8, April 5, May 3 | 8:00AM - 4:00PM | Ages 11+**

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 an instructor.

**\$90 members | \$120 non-members**

***For more information, contact the Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org)***





*Family*wellness

## NONPROFIT EFFORTS

Family Wellness is a nonprofit organization whose mission is to inspire healthy lifestyles by connecting people in a fun environment. We are dedicated to promoting inclusivity, vibrant connections, and healthy lifestyles through innovative wellness programs, educational advocacy, and community engagement in a supportive environment.

### Our Frameworks:



- **Wellness Programming:** We offer a variety of activities that support overall well-being. Our programs are inclusive and cater to all ages and abilities, ensuring everyone can benefit.



- **Education & Advocacy:** We provide resources, workshops, and campaigns to improve health literacy, empowering individuals with the knowledge and tools they need for a healthier life.



- **Community Outreach & Engagement:** We build partnerships and initiatives that make wellness services accessible to everyone. Through these connections, we work to create a stronger, healthier community.

### Your membership can have a mission at Family Wellness

Family Wellness is more than an organization; it's a movement. We're igniting wellness, sparking change, and building a community where everyone can thrive. You can improve lives in our community with a gift to Family Wellness. Join us in sparking change and building a stronger, healthier community – your support truly makes a difference!

**For more information, visit [www.familywellnessfargo.org/nonprofit-efforts](http://www.familywellnessfargo.org/nonprofit-efforts) OR contact Brea, Development Manager at 701-234-5996, [brea.egeland@sanfordhealth.org](mailto:brea.egeland@sanfordhealth.org).**



Follow us on social media for the latest facility updates!



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