



FALL 2025

# PROGRAM GUIDE

**Family**wellness

A PARTNERSHIP BETWEEN

SANFORD  
HEALTH



SEPTEMBER - DECEMBER

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### Registration

**Register for any of our fall 2025 program offerings starting August 4 for members, or August 11 for non-members.**

**Visit [www.familywellnessfargo.org](http://www.familywellnessfargo.org) to register and view more detailed information on all programs.**



## CHILDCARE EVENTS

### 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.

Childcare Hours: Monday – Thursday: 8:00AM – 7:00PM | Friday: 8:00AM – 3:00PM | Saturday & Sunday 8:30AM – 12:30PM

### Reservation Care

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 8:00AM – 3:00PM! **Cost is \$10/hour for members and \$15/hour for non-members and is for a maximum duration of 4 hours.**

## Childcare Events

### Parent's Night Out

**Fridays | September 5, October 3, November 7, December 5 | 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 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/child members | \$20/child non-members**

### Child Developmental Screenings

**Thursdays | September 18, October 16, November 20, December 18 | 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.

**Free for members and non-members**

### Spooktacular Event

**Thursday | October 23 | 5:00 - 7:00PM**

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 festive snack, Halloween themed games and much more!

**Free and open to the community!**

*Scan QR code for more detailed information on childcare programs!*





# YOUTH PROGRAMS

## Jump & Play

**Sept 4, Sept 11, Sept 18, Sept 25, Nov 6, Nov 13, Nov 20 | Ages 3-5 · 4:30 - 5:00PM | Ages 6-8 · 5:05 - 5:35PM**

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

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

## Tiny Steps Dance Workshop

**Fridays | October 3-24 | 5:30 - 6:00PM | Ages 2-4**

Each session explores basic steps and rhythms, helping little ones build coordination, balance, musicality, and social skills. With a focus on imagination and confidence, this workshop is perfect for first-time dancers.

**\$27 members | \$37 non-members**

## Bodies in Motion Dance Sampler

**Fridays | October 3-24 | 6:15 - 6:45PM | Ages 5-7**

Each session teaches basic techniques and signature moves, helping dancers build strength, coordination, rhythm, and confidence. With upbeat music and creative combos, young dancers stay active while exploring movement and discovering what they love about dance!

**\$27 members | \$37 non-members**

## Tiny Titans Sports Sampler

**Mondays | October 6-27 | 5:00 - 5:30PM | Ages 3-5**

This 4-day session introduces young athletes to sports like basketball, T-ball, football & soccer. Through warm-ups, skill stations & interactive games, kids will learn fundamental techniques while building teamwork & following directions.

**\$27 members | \$37 non-members**

## Active Explorers Sports Sampler

**Mondays | October 6-27 | 5:40 - 6:20PM | Ages 6-8**

This 4-day session is perfect for young athletes who are ready to learn or build on the basics of basketball, T-ball, football, and soccer. It's an active and encouraging environment for kids who are ready for the next step in their sports journey!

**\$30 members | \$40 non-members**

## Tumbling Tuesdays

**Tuesdays | November 4 - November 25 | Ages 3-5 · 5:15 - 5:45PM | Ages 6-8 · 6:00 - 6:30PM**

From forward rolls to cartwheels, these playful introductory classes are designed to build coordination and confidence through basic tumbling, games and obstacle courses in a safe, age-appropriate setting.

**\$27 members | \$37 non-members**

## Youth Volleyball Clinic

**Saturday, December 14 | Ages 5-8 · 9:00 - 10:30AM | Ages 9-12 · 10:45AM - 12:15PM**

Designed to introduce and develop fundamental volleyball skills, including setting, attacking, defense, serving, passing and blocking. The clinic will be led by Ethan Grefsrud, Head Coach of Inspired Athletics Volleyball Club and former NCAA Division I and II college coach, along with a team of experienced assistant coaches.

**\$30 members | \$40 non-members**

## Youth Camps

Family Wellness features a variety of 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. *Financial assistance is available.*

## Veteran's Day Camp

**November 11 | 9:00AM - 4:00PM | \$50 members | \$60 non-members**

## Camp Gobble Till You Wobble

**November 26 | 9:00AM - 4:00PM | \$50 members | \$60 non-members**

## Camp New Year, New Fun!

**January 2 | 9:00AM - 4:00PM | \$50 members | \$60 non-members**

*Scan QR code for more detailed information on youth programs!*





# SWIM SCHOOL

## Family Wellness Swim School

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.

## Fall Swim School Schedule

### Session Dates:

**Fall Session 1: September 8 - October 18 (6 weeks)**

**Fall Session 2: October 20 - December 6 (6 weeks)**

- No classes November 24 - 29

### Classes Offered:

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

- Cost for summer lessons is **\$60 for members** and **\$120 for non-members**. *Financial assistance is available.*
- Private, semi private, specialized and adult lessons are available and scheduled by arrangement
- Check [www.familywellnessfargo.org/swim-school](http://www.familywellnessfargo.org/swim-school) for up-to-date detailed class offering information.

## Swim School Programs

### Swim Lesson Sign-Up Day

**Saturday, August 16 | 9:00AM - 12:00PM**

Drop in for a quick 3-5 minute evaluation of your child's swimming skills and get them signed up for the right class. Our team will be available at the Aquatic Desk to assist with registration and answer any questions about summer swim lessons. The event will be first-come, first-served, and we will prioritize evaluations based on the time you arrive.

**FREE for members & non-members!**

### Swim Team Camp

**December 8 - 12 | 4:30 - 6:00PM | Ages 10-15 with swim skills, or have passed level "Seal"**

This is a one-week competitive swimming camp that lets beginners dip their toes into competitive swimming and learn the ropes. This program is also a great option for swimmers in their first few years of competitive swimming who want to master the basics of dry-land training and all four strokes.

**\$75 members | \$150 non-members**

*Scan QR code for more detailed information on Swim School!*



# FITNESS PROGRAMS

## Fitness Programs

### Barbell Basics for Women

**Thursdays | September 11 - September 25 | 5:30 - 7:00PM | Ages 16+**

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 safely and properly use a barbell. You will learn the mechanics of each lift, safety considerations, and get hands-on practice.

**\$90 members | \$140 non-members**

### Training for Seniors

**4 week sessions starting the first Tuesday of the month | 10:00 - 10:45AM | Ages 65+**

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.

**\$110 members | \$200 non-members**

## Personal Training Offerings

### Youth Healthy Lifestyle Training

**Sign up for 8 sessions at your convenience | 30-minute sessions | 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 questions and answer on youth fitness. Kids will also be provided a packet of ways to stay active and healthy after the program.

**\$180 members | \$220 non-members**

### Youth Fitness Orientation

**Sign up at your convenience | 30-minute session | 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 youth 12 - 14 years old will be able to use the equipment without the supervision of a guardian.

**FREE for members**

### InBody Assessments

**Sign up for at your convenience | 15-minute session | 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 at the front desk and get a consultation on your results from one of our certified personal trainers.

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

*Scan QR code for more detailed information on fitness programs!*





# WELLNESS PROGRAMS

## Member Events

### Coffee Social

**Thursdays | September 18, October 16, November 20, December 18 | 9:00 - 11:00AM**

Join us for our Monthly Coffee Social – a fun and relaxed way to connect with fellow members, chat with our staff and enjoy some fresh coffee and light snacks. Whether you're new to the facility or a long-time member, this is the perfect opportunity to build community outside the fitness floor!

**Free for members**

### Dive-In Movie Nights

**Fridays | September 26, November 21 | 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. We will be premiering a new family-friendly movie each month.

**Free for members | Day pass for non-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 - register at the front desk!

**FREE for members**

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### Neuro Wellness – LSVT Big For Life

**Fridays | 10:15 - 11:15AM**

Neuro Wellness is a class designed to provide exercise services for individuals with Parkinson's Disease (PD). The class is conducted by a licensed Occupational Therapist, Dr. Abs Njai, who has undergone training and certifications to provide LSVT-Big classes at Family Wellness. Email Abdulai.Njai2@SanfordHealth.org to see if you are a good fit for the program.

**FREE for participants - thanks to the Ottertail Foundation**

### NeuroFit

**Mondays | 3:00 - 3:45PM**

Designed to help those with neurological conditions increase their fitness and improve quality of life. The class is centered around Parkinson's Disease, but is also helpful for other conditions, such as MS or brain traumas that have led to some physical impairment. Email paige.sisowath@SanfordHealth.org to see if you are a good fit for the program.

**FREE for participants - thanks to the Ottertail Foundation**



*Scan QR code for more detailed information on wellness programs!*

## Safety Education

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

**Thursdays | September 11, October 16, November 13, December 18 | 6:00 - 8:00PM | Ages 15+**

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

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 | September 6, October 4, November 8, December 6 | 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.

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



*Scan QR code for more detailed information on safety education classes!*

# HEALTHY COOKING

## Adult Healthy Cooking Classes

### Plant Based Proteins

**Tuesday, September 2 | 5:30 - 7:30PM | Ages 16+**  
Looking to get in more protein? Explore different plant proteins in this fun and unique class.  
**\$15 members | \$25 non-members**

### Sheet-Pan Meals

**Thursday, September 18 | 5:30 - 7:30PM | Ages 16+**  
Join us in learning how to make balanced sheet-tray meals for the best weeknight dinners.  
**\$15 members | \$25 non-members**

### Fall Salads

**Tuesday, October 7 | 5:30 - 7:30PM | Ages 16+**  
Need to embrace the changing season? Practice making hearty salads with fall ingredients in this hands-on class.  
**\$15 members | \$25 non-members**

### Cheese Boards

**Friday, October 24 | 5:30 - 7:30PM | Ages 16+**  
Embrace your inner cheese monger and learn about cheese pairings and charcuterie basics.  
**\$25 members | \$35 non-members**

### Heart Healthy Meals

**Tuesday, November 4 | 5:30 - 7:30PM | Ages 16+**  
Join us in learning about heart healthy foods and practice making balanced dishes.  
**\$15 members | \$25 non-members**

### Thanksgiving Sides

**Thursday, November 20 | 5:30 - 7:30PM | Ages 16+**  
Need some inspiration for the upcoming holiday? Explore some new ideas to share with family and friends.  
**\$15 members | \$25 non-members**

### Cozy Soups

**Tuesday, December 2 | 5:30 - 7:30PM | Ages 16+**  
It's getting colder and colder! In this class, we will be making soups to warm us right back up.  
**\$15 members | \$25 non-members**

### One-Pot Meals

**Thursday, December 18 | 5:30 - 7:30PM | Ages 16+**  
Dishes got you feeling down? Join us in making one-pot meals to nourish you while cutting down on dishes.  
**\$15 members | \$25 non-members**

## Kids Healthy Cooking Classes

### Baked Fruit Crisp

**Thursday, September 11 | 5:30 - 6:45PM | Ages 7-15**  
In this class we will learn how to make quick and delicious desserts with a healthy twist.  
**\$15 members | \$25 non-members**

### Chocolate Beet Cake

**Tuesday, September 23 | 5:30 - 6:45PM | Ages 7-15**  
This delicious cake is a sweet treat with a secret healthy kick coming from beets.  
**\$15 members | \$25 non-members**

### Snack Bites

**Wednesday, October 17 | 5:30 - 6:45PM | Ages 7-15**  
Look no further for the perfect after-school snack! Practice making different flavors of hunger-crushing energy bites.  
**\$15 members | \$25 non-members**

### Pumpkin Palooza

**Tuesday, October 28 | 5:30 - 6:45PM | Ages 7-15**  
Get ready for Halloween by trying out different pumpkin recipes!  
**\$15 members | \$25 non-members**

### Ratatouille Pasta

**Thursday, November 13 | 5:30 - 6:45PM | Ages 7-15**  
Learn how to make this little-chef inspired pasta dish that packs a hearty serving of delicious veggies.  
**\$15 members | \$25 non-members**

### Viral Cucumber Salads

**Tuesday, November 25 | 5:30 - 6:45PM | Ages 7-15**  
Get hands on in the kitchen and learn how to make different varieties of the viral & refreshing cucumber salad!  
**\$15 members | \$25 non-members**

### Acai bowls

**Thursday, December 11 | 5:30 - 6:45PM | Ages 7-15**  
Missing the flavors of summer? Brighten up with these fruit filled acai bowls!  
**\$15 members | \$25 non-members**

### Breakfast Basics

**Tuesday, December 23 | 5:30 - 6:45PM | Ages 7-15**  
Learn how to make classic breakfast recipes that you can make all winter break!  
**\$15 members | \$25 non-members**

*Scan QR code for more detailed information on healthy cooking classes!*





# GROUP FITNESS

## Intro to Group Fitness Series

### Intro to ZeSa

**Saturdays | October 18 | 10:30 - 11:30AM**

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 BODYPUMP®

**Saturdays | October 25 | 10:30AM - 12:00PM**

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

**Saturdays | November 1 | 10:15 - 11:15AM**

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 CORE™

**Saturdays | November 8 | 10:30 - 11:30AM**

This beginner-friendly session breaks down the foundational moves, equipment, and techniques used in a typical class.

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

## Workshops & Events

### FloatNFit

**Wednesdays | Sept 24 - Nov 12 | 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 Fundamentals Workshop

**Saturday | September 27 | 12:30 - 2:30PM**

Curious about yoga but not sure where to start? This 2-hour Yoga Fundamentals Workshop is the perfect introduction to help you feel confident, informed, and comfortable as you begin or refresh your yoga journey.

**\$30 members | \$45 non-members**

### Hybrid Movement Class: Rest, Breathe, Play

**Saturday | October 11 | 12:30 - 2:30PM**

Experience movement in a new way with this unique class that blends gentle somatic yoga, soft body rolling & mindful movement to support your physical & mental well-being.

**\$30 members | \$45 non-members**

### MELT Fundamentals Workshop

**Saturday | November 1 | 12:30 - 2:30PM**

Learn the 4 R's of the MELT Method -Reconnect, Re-balance, Rehydrate, and Release - through gentle, science-backed self-treatment techniques.

**\$30 members | \$45 non-members**

## Deep Restorative Yoga & Meditation

**Saturday | December 6 | 12:30 - 2:30PM**

Explore somatic breath-work, gentle movement, and guided meditation to address the physical, mental, emotional, and spiritual layers of your body.

**\$30 members | \$45 non-members**

## Group Fitness Launches

### BODYPUMP® #134 Launch

**Saturday | November 1 | 7:45 - 8:45AM | Ages 15+**

This 60-minute, barbell-based workout is designed to challenge all your major muscle groups using the best weight-room exercises like squats, presses, lifts, and curls.

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

### RPM® #107 Launch

**Saturday | November 8 | 9:00 - 9:50AM | Ages 15+**

This cardio-intensive ride will take you through climbs, sprints, and intervals, all set to fresh beats and new choreography that will keep you motivated.

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

### CORE™ #10 Launch

**Saturday | November 15 | 10:30 - 11:30AM | Ages 15+**

This cutting-edge workout is designed to build functional strength, improve posture and stability, and enhance athletic performance - all in just 30 minutes.

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

## Youth Group Fitness Series

### Little Yogis

**Thursdays | September 25 - October 30 | 5:00 - 5:30PM**

Join us for a playful 6-week journey into yoga designed just for little movers aged 5-7.

**\$35 members | \$45 non-members**

### Junior Yogis

**Thursdays | September 25 - October 30 | 5:45 - 6:30PM**

Introduces children ages 8-10 to the foundations of yoga in a supportive, engaging, and age-appropriate way.

**\$35 members | \$45 non-members**

### Pilates Junior

**Wednesdays | November 5 - December 10 | 5:30 - 6:15PM**

Designed to help kids 8-10 build strength, coordination, and confidence through the fundamentals of Pilates.

**\$35 members | \$45 non-members**

### NextGen Pilates

**Wednesdays | November 5 - December 10 | 6:30 - 7:15PM**

6-week program for ages 11-14 that blends traditional Pilates techniques with age-appropriate challenges to improve core strength, posture, flexibility, and athletic performance.

**\$35 members | \$45 non-members**

*Scan QR code for more detailed information on group fitness programs!*





# LEAGUES

## Leagues

### Racquetball League

**Tuesdays | September 2 - November 4 | 5:45 - 10:00PM | Ages 16+**

Grab your partner and get ready to compete in our fast-paced, action-packed Racquetball Doubles League! Games will be scheduled between 5:45 - 10:00PM each week. The league is open to players of all skill levels, but space is limited to just 12 teams, so don't wait to secure your spot!

**\$20/team members | \$40/team non-members | Registration deadline: September 1**

### Pickleball League

**Wednesdays | September 3 - October 29 | 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: September 1**

## Skills & Drills Programs

### Youth Pickleball Beginner

**August 18 - 20 | 10:00 - 11:30AM | Ages 8-12**

A qualified instructor will teach players how to serve, return, and rally while building hand-eye coordination and footwork. Through games and drills, participants will develop skills and confidence on the court.

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

### Pickleball Beginner

**Thursdays | November 6 - November 13 | 8:30 - 10:00AM | Ages 16+**

This beginner-friendly class, led by a qualified instructor, focuses on key skills like serving, returning, dinking, and footwork. Learn proper technique, game rules, and basic strategy through fun drills and guided practice.

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

### Pickleball Intermediate

**Thursdays | November 20 - December 4 | 8:30 - 10:00AM | Ages 16+**

This class, led by a qualified instructor, is designed for intermediate players with 6+ months of experience. Focus on refining technique, improving shot consistency and learning advanced strategies like positioning, shot selection, and court awareness. (No session November 27)

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

*Scan QR code for more detailed information on league programming!*

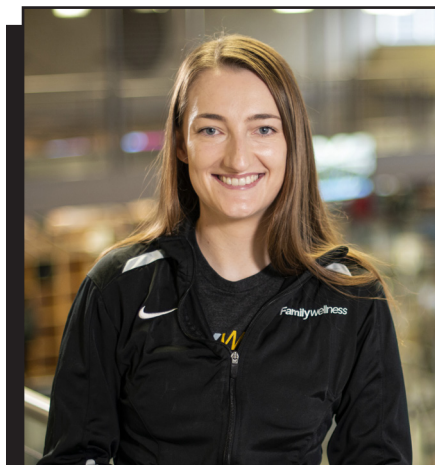


# PERSONAL TRAINING



**GARY**

FITNESS & ACTIVITIES MANAGER



**PAIGE**

FITNESS COORDINATOR & TRAINER



**CHARLOTTE**

WELLNESS TRAINER



**PARRIS**

WELLNESS TRAINER



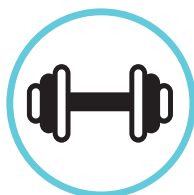
**ABS**

WELLNESS TRAINER



**AUSTIN**

WELLNESS TRAINER



## PERSONAL TRAINING OFFERINGS:

Included in your membership: Personal Training Consultation, Personal Training Orientation, Partner Orientation

Paid services: InBody Scans, Small Group Training, Youth Healthy Lifestyle Training, Program Design, Training for Seniors

***Scan QR code for more detailed information and personal training rates!***





Follow us on social media for the latest facility updates!



@familywellnessfargo

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