

Familywellness
WINTER/SPRING 2026
PROGRAM GUIDE

JANUARY - MAY

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Registration

Register for any of our winter/spring 2026 program offerings starting December 1 for members or December 8 for non-members.

Register at www.familywellnessfargo.org, at the Front Desk or call 701-234-2400.

All programs and events are subject to change



CHILDCARE

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 \$10/hour for members and \$15/hour for non-members and is for a maximum duration of 4 hours (prices are per family).**

Childcare Events

Parent's Night Out

Fridays | January 9, February 13, March 6, April 3, May 1 | 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! Children will enjoy some supervised play, a holiday/seasonal themed craft and plenty of smiles while you enjoy your evening. Sign up by noon the day prior to the event. Please bring your own diapers and peanut free snacks.

\$15/child members | \$20/child non-members

Child Developmental Screenings

Thursdays | January 15, February 19, March 19, April 16, May 21 | 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

Scan QR code for more detailed information on childcare programs!



YOUTH PROGRAMS

“Schools Out” Day Camps

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

Camp New Year, New Fun!

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

Martin Luther King Jr Day Camp

January 19 | 9:00AM - 4:00PM | \$50 members | \$60 non-members

President’s Day Camp

February 16 | 9:00AM - 4:00PM | \$50 members | \$60 non-members

Youth Group Fitness Programs

Youth Yoga Series

Little Yogis (ages 5-7) | Thursdays | January 8 - February 12 | 5:30 - 6:15PM

Junior Yogis (ages 8-10) | Thursdays | January 8 - February 12 | 6:30 - 7:15PM

Join us for a 6 week journey into yoga designated just for little movers. This program introduces children to the foundations of yoga in a supportive, engaging, and age-appropriate way.

\$30 members | \$40 non-members

Generation Pound

Sundays | February 1 - 22 AND April 12 - May 3 | 1:00 - 1:45PM | Ages 6-15

This program fuses movement and music to improve focus, coordination, physical fitness and teamwork skills for “Rockstars in Training.” Instructors use Ripstix® - POUND’s lightly weighted exercise drumsticks-to learn alternative ways to explore movement and inspire the next generation of happy, healthy kids.

\$30 members | \$40 non-members

Dance Samplers

Tiny Steps Sampler (ages 4-6) | Fridays | February 6 - March 13 | 5:30 - 6:00PM

Bodies in Motion Sampler (ages 7-11) | Fridays | February 6 - March 13 | 6:15 - 7:00PM

Kids explore six fun dance styles in a lively, age-appropriate setting. Sessions teach basic steps, rhythms, and signature moves to build coordination, strength, confidence, and creativity.

\$50 members | \$60 non-members

Cheer Camp

Sundays | February 8 AND March 15 | 3:00 - 5:00PM | Ages 7-11

This high-energy, fun-filled workshop will teach your child the foundational elements of cheerleading, focusing on exciting sideline cheers while boosting confidence, coordination, and teamwork skills. Every registration includes a set of Pom Poms to use during the workshop and to take home to continue to practice!

\$50 members | \$60 non-members

Scan QR code for more detailed information on youth programs!



YOUTH PROGRAMS

Youth Sports Programs

Tiny Titans Sports Sampler

Sundays | January 4 - 25 | 1:00 - 1:35PM | Ages 3-5

Mondays | March 9-30 | 5:00 - 5:35PM | Ages 3-5

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

\$30 members | \$45 non-members

Active Explorers Sports Sampler

Sundays | January 4 - 25 | 1:45 - 2:25PM | Ages 6-8

Mondays | March 9-30 | 5:45 - 6:25PM | Ages 6-8

Perfect for young athletes who are ready to learn or build on the basics of basketball, T-ball, football, and soccer. With warm-ups, skill stations, and team/group-based games, kids will strengthen their techniques, improve coordination, and continue developing teamwork and listening skills.

\$33 members | \$48 non-members

Tumbling Tuesdays

Tuesdays | March 3 - 24 | 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.

\$30 members | \$45 non-members

Youth Soccer Skills & Drills

Sundays | March 8-29 | Ages 3-5 · 1:00 - 1:35PM | \$30 members | \$45 non-members

Sundays | March 8-29 | Ages 6-8 · 1:45 - 2:25PM | \$33 members | \$48 non-members

Learn dribbling, passing, shooting, and basic game skills in a fun, supportive environment. Through engaging games and drills, children build coordination, confidence and teamwork - no experience needed!

Youth Volleyball Skills & Drills

Tuesdays | February 3 - 24 | Ages 5-7 · 5:15 - 6:00PM | Ages 8-10 · 6:15 - 7:00PM

This fun, active class introduces players to the basics of volleyball, including passing, setting, and serving. Through easy-to-follow drills and team games, participants will build coordination, teamwork, and confidence on the court.

\$35 members | \$50 non-members

Jump & Play

Jan 22, Jan 29, Feb 19, Feb 26, May 7, May 14, May 21, May 28 | Ages 3-6 · 4:30 - 5:00PM | Ages 7-10 · 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 for members | \$15 non-members

Youth Basketball Skills & Drills

Tuesdays | April 7 - 28 | Ages 5-7 · 5:15 - 6:00PM | Ages 8-10 · 6:15 - 7:00PM

May 18 - 20 | Ages 5-7 · 5:15 - 6:00PM | Ages 8-10 · 6:15 - 7:00PM

This beginner-friendly class introduces young players to the basics of basketball through fun games and simple drills. Participants will learn fundamental skills like dribbling, passing, and shooting while building coordination and confidence.

\$35 members | \$50 non-members

Youth Pickleball Skills & Drills

Mondays | April 13 - 27 | 5:00 - 6:00PM | 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. No experience or equipment needed - just bring energy and a positive attitude!

\$45 members | \$55 non-members

Scan QR code for more detailed information on youth programs!





SUMMER CAMPS

Registration for Summer Camps opens February 1! Family Wellness offers week long camps from May 27 – August 7 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 27 - May 29 | Start the summer with team-building games, outdoor fun, and activities that get everyone connected and moving.
\$120 members | \$150 non-members

Sports Spectacular Camp: June 1 - 5 | Try a variety of sports and active fitness challenges, from relay races to obstacle courses and more.
\$205 members | \$235 non-members

STEM Explorers Camp: June 8 - 12 | Build, create, and experiment with hands-on science, technology, and engineering projects.
\$205 members | \$235 non-members

Creative Chefs Camp: June 15 - 19 | Whip up fun, healthy snacks and learn about nutrition through hands-on cooking projects.
\$205 members | \$235 non-members

Art in Action Camp: June 22 - 26 | Get creative with painting, crafting, music, and movement — where imagination takes center stage!
\$205 Members | \$235 non-members

Around the World Camp: July 6 - 10 | Travel the globe through themed activities, crafts, and games inspired by different countries and cultures.
\$205 members | \$235 non-members

Splash & Dash Camp: July 13 - 17 | A water-themed week full of pool games, water relays, and summer splash fun.
\$205 members | \$235 non-members

Superhero Training Camp: July 20 - 24 | Discover your inner hero with strength challenges, teamwork missions, and character-building activities.
\$205 members | \$235 non-members

Wild About Nature Camp: July 27 - 31 | Learn about animals, ecosystems, and outdoor survival skills through fun, hands-on exploration.
\$205 members | \$235 non-members

Camp Finale: Celebration Week: August 3 - 7 | Wrap up the summer with camper favorites, a talent show, and a celebration of all the memories made!
\$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.**

Scan QR code for more detailed information on summer camps!



HEALTHY COOKING

Family Wellness is proud to offer a variety of classes and programs that teach simple kitchen skills for healthy food preparation. With classes for kids AND adults, we've got something sure to inspire you to make healthier food choices for you and your family! **All classes are \$15 for members and \$25 for non-members.**

Adult Healthy Cooking Classes

Global Cooking Series

January - May | 5:30 - 7:30PM | Ages 16+

Explore different global flavors from around the world in this exciting culinary experience. Includes recipes from Europe, Asia, Africa, South America and North America.

New Year's Balanced Meals

Tuesday, January 13 | 5:30 - 7:30PM | Ages 16+

Join us in practicing how to build healthy and balanced meals that are sure to help you reach your goals.

High Fiber Dinners

Tuesday, January 27 | 5:30 - 7:30PM | Ages 16+

Learn more about how to get a fiber boost in this engaging and interactive class!

Gut Friendly Foods

Tuesday, February 3 | 5:30 - 7:30PM | Ages 16+

Explore probiotic rich foods to help gut health in this interactive and educational cooking experience

Roasted Root Vegetables

Tuesday, February 17 | 5:30 - 7:30PM | Ages 16+

Look no further than these roasted root vegetables that are a simple and delicious way to add in nutrients to any meal.

March Seasonal Produce

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

In this session, we will focus on using seasonal produce, and learn how shopping seasonally can change our meals.

Sourdough Basics

Thursday, March 26 | 5:30 - 7:30PM | Ages 16+

Taste homemade sourdough, get a demo on mixing up a loaf and take home your own starter.

Chef's Basics: Knife Skills

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

Wanting to hone your chef skills? Come practice basic knife skills and make a tasty meal that is sure to satisfy!

Anti-Inflammatory Meals

Tuesday, April 21 | 5:30 - 7:30PM | Ages 16+

Join us in this interactive class where we practice using anti-inflammatory ingredients to make a whole meal.

Black Bean Burgers

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

Come try these delicious and simple black bean burgers fit for any weeknight meal!

Cinco de Mayo Celebration

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

Join us in celebrating Cinco de Mayo by making Mexican-inspired meals, and sharing culture through cuisine.

AAPI Appreciation

Tuesday, May 19 | 5:30 - 7:30PM | Ages 16+

Celebrate Asian American & Pacific Islander month by trying new recipes and flavors from around the world.

Kids Healthy Cooking Classes

Zucchini Pizza Boats

Tuesday, January 6 | 5:30 - 7:00PM | Ages 7-15

Pizza night with a twist! Learn to turn this classic vegetable into a new Italian favorite!

Cauliflower & Sweet Potato Mac n' Cheese

Tuesday, January 20 | 5:30 - 7:00PM | Ages 7-15

Young chefs will learn how to spruce up this classic and pack in a bunch of nutrients along the way.

Healthy Caramel Apples

Tuesday, February 10 | 5:30 - 7:00PM | Ages 7-15

Missing the taste of fall? Young chefs will learn to make this delicious sweet treat with a nourishing twist.

Healthy Snack Dips

Tuesday, February 24 | 5:30 - 7:00PM | Ages 7-15

We will be making versions of our favorite snack dips using healthy swaps.

Healthy Dirt Cups

Tuesday, March 10 | 5:30 - 7:00PM | Ages 7-15

Practice making healthier versions of this classic treat in this hands-on cooking session.

St. Paddy's Celebration

Tuesday, March 24 | 5:30 - 7:00PM | Ages 7-15

Feeling lucky? Join us in celebrating St. Patrick's day and practice making some green hued foods!

Naturally Dyed Eggs

Thursday, April 2 | 5:30 - 7:00PM | Ages 7-15

Participants will learn how to make natural dyes from a variety of ingredients, and practice dyeing eggs!

Earth Day Smoothie Bowls

Tuesday, April 14 | 5:30 - 7:00PM | Ages 7-15

Bring in Earth Day by making these green smoothie bowls packed with fresh ingredients!

Pizza Beans

Thursday, May 14 | 5:30 - 7:00PM | Ages 7-15

In this class, young chefs will use a variety of beans to make a hearty meal that tastes just like the comforting classic.

White Bean Blondies

Thursday, May 28 | 5:30 - 7:00PM | Ages 7-15

Join us in making these white bean blondies that are sure to satisfy any sweet tooth.

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





AQUATICS PROGRAMS

Aquatics Programs

Adult Swim Team

This class is designed to give participants a swim training workout and technique feedback in a team environment. Participants joining this class should be able to swim multiple lengths of the pool using a combination of front crawl, backstroke, or breaststroke. **FREE for members | \$60 non-members.**

- **Winter Session: Tuesdays & Thursdays | January 6 – February 12 (6 weeks)**
- **Spring Session 1: Tuesdays & Thursdays | February 17 – April 2 (6 weeks)**
 - *No classes March 16 – 21 for Spring Break*
- **Spring Session 2: Tuesdays & Thursdays | April 7 – May 14 (6 weeks)**

Dive in Movie Nights

Fridays | January 31, March 27, May 29 | 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

Safety Education

Red Cross CPR/First Aid/AED Combo Class

Thursdays | January 15, February 19, March 19, April 16, May 21 | 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 3, February 7, March 28, April 25, May 2 | 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

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



SWIM SCHOOL



Family Wellness Swim School

We take 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.

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.

\$30/30-minute lesson for members and \$60/30 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 \$50/30-minute lesson for members and \$100/30-minute lesson for non-members.**

Specialized 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 \$30/30-minute lesson for members and \$60/30 minute lesson for non-members.**

Winter/Spring Swim School Schedule

Session Dates:

Winter Session: January 5 – February 14 (6 weeks)

Spring Session 1: February 16 – April 4 (6 weeks)

• No classes March 16 – 21 for Spring Break

Spring Session 2: April 6 – May 16 (6 weeks)

Classes Offered:

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

- \$70 Members | \$140 non-members. *Financial assistance is available.*
- Private lessons are \$50 per class for members and \$100 per class for non-members.
- Check www.familywellnessfargo.org/swim-school for up-to-date detailed class offering information.

Swim Lesson Sign-Up Day

Saturdays | March 21 • May 23 | 10:00AM - 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 to assist with registration and answer any questions about summer swim lessons.

Free for members and non-members

Scan QR code for more detailed information on Swim School!





Familywellness

PERSONAL TRAINING

Our team is committed to helping you achieve your fitness goals! Our certified personal trainers will work with you one-on-one, as well as in small groups, to address your unique needs and design a personal routine that fits your lifestyle.

Why Personal Training? With a wide range of specialties, we'll match you with a trainer who aligns with your goals, your lifestyle, and your unique needs. Whether you're looking to gain strength, move better, prepare for a race, or simply feel confident and energized, our trainers will build a personalized program that works for you.

Personal Training Services

One-on-One Training

Each session is customized to your fitness level and goals, blending strength, cardio, and mobility work for a balanced, effective workout. You'll get focused guidance, motivation and support to help you move better, feel stronger and see real results. Can be scheduled in 30, 45, or 1-hour sessions.

Price varies based on session length

Partner Training

Work out together and stay motivated! Partner Training combines fun, teamwork, and personalized coaching so you and your workout buddy can challenge each other, reach your goals, and celebrate your progress - side by side. Can be scheduled in 30 or 45 minute sessions.

Price varies based on session length

Program Design

Get a personalized workout plan built just for you! Based on your goals, fitness level, and lifestyle, we'll create a program that's effective, enjoyable, and easy to follow, helping you stay consistent and see real results.

\$80 members | \$100 non-members

Youth Healthy Lifestyle Training

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. Price is for 8 sessions.

\$140 members | \$200 non-members

Consultation

Start your journey with a clear plan! In this session, we'll discuss your goals, fitness background, and lifestyle to create a personalized path toward success. It's the perfect first step to set goals, stay motivated, and feel confident moving forward.

FREE for members and non-members

Fitness Orientation

Get comfortable and confident in the gym! During this session, you'll learn how to use the equipment safely, understand proper form, and explore workout options that fit your goals. It's the perfect way to start your fitness journey on the right foot.

FREE for members and non-members

Youth Fitness Orientation

For youth 12+ who want to access cardio and designated fitness equipment without supervision. Participants will learn how to use equipment safely as well as gym etiquette.

FREE for members and non-members

Welcome FITStart

Kick off your fitness journey with confidence! Fit Start Training helps you learn the basics, build good habits, and create a solid foundation for success. Perfect for beginners or anyone getting back into fitness. Start strong, stay motivated and feel great from day one!

3 30-minute training sessions for \$70

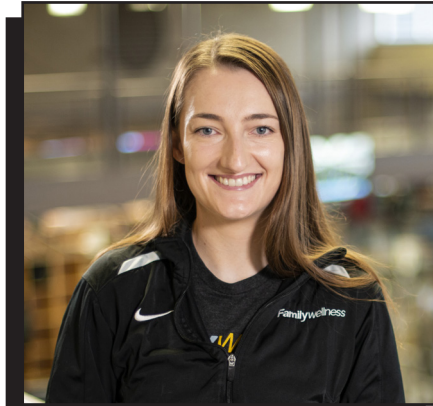
Scan QR code for more detailed information and personal training rates!



WELLNESS TRAINERS



GARY
PERSONAL TRAINER



PAIGE
PERSONAL TRAINER



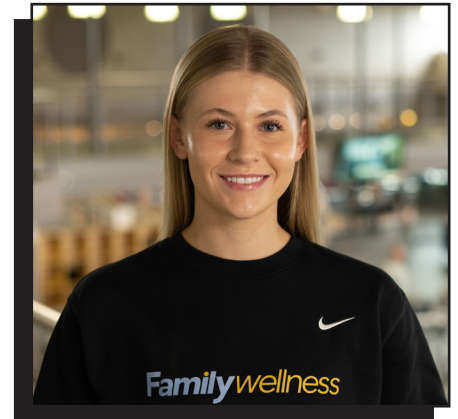
CHARLOTTE
PERSONAL TRAINER



PARRIS
PERSONAL TRAINER



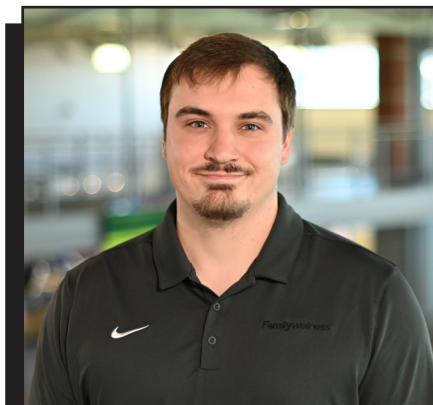
ABDULAI
PERSONAL TRAINER



PAYTON
PERSONAL TRAINER



STEPHANIE
PERSONAL TRAINER



AUSTIN
PERSONAL TRAINER



ELLA
PERSONAL TRAINER



GROUP FITNESS

Group Fitness Programs

Intro to Gentle Somatic Yoga & Nidra Meditation

Saturday, January 17 | 12:30 - 2:30PM

Yoga Nidra helps enhance body awareness, decrease stress and anxiety, enhance concentration, restore the nervous system and boost immunity.

\$25 members | \$35 non-members

Pilates Float Series

Sundays | February 1 - March 8 | 11:30AM - 12:30PM

Sundays | April 5 - May 10 | 11:30AM - 12:30PM

This unique 6-week class combines the core-strengthening principles of Pilates with the instability of the BOGA Fit Board for a challenging and refreshing full-body workout.

Free for members | Day pass for non-members

Intro to Yoga Fundamentals: Focus on Bone Health & Yoga Nidra Workshop

Saturday, February 7 | 12:30 - 2:30PM

Learn basic yoga techniques and foundation poses or refresh your skills with an enhanced focus on bone health.

\$25 members | \$35 non-members

Intro To MELT METHOD Series

Saturdays | March 7 - 28 | 12:30 - 1:30PM

MELT is a self-treatment technique to boost your body's ability to heal by calming the nervous system, improving alignment, re-hydrating connective tissue, and restoring joint space.

\$30 members | \$40 non-members

Group Fitness Launches

BODYPUMP® HEAVY #1 Launch

Saturday, January 3 | 7:45 - 8:45AM | Ages 15+

A new tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains.

Free for members | Day pass for non-members

BODYPUMP® #135 Launch

Saturday, February 7 | 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® #108 Launch

Saturday, February 14 | 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™ 60 Launch

Monday, February 16 | 5:30 - 6:15AM | 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

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



ADULT PROGRAMS

Member Events

Coffee Social

Thursdays | January 15, February 19, March 19, April 16, May 21 | 9:00AM - 11:00AM

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

Free for members

Games & Gather

Tuesdays & Thursdays | 9:00AM - 12:00PM

Enjoy classic board games, traditional card games, and group favorites with friends old and new. Whether you're competitive or just in it for the laughs, this is the perfect way to connect, unwind and have fun.

FREE for members

Leagues

Racquetball League

Tuesdays | January 6 - February 24 | 5:45 - 10:00PM

Join us for a competitive doubles racquetball league! Games will be scheduled between 5:45 - 10:00PM each week. Ages 18+

\$32/team members | \$52/team non-members

Pickleball League - Morning

Wednesdays | January 7 - February 25 | 8:30 - 10:30AM

Wednesdays | April 1 - May 27 | 8:30 - 10:30AM

Players are matched with others of similar skill levels. Each game, you'll rotate partners and your placement on the ladder will adjust based on your individual results. Ages 18+

\$16/person members | \$36/person non-members

Pickleball League - Evening

Thursdays | March 12 - May 7 | 7:00 - 10:00PM

Players are matched with others of similar skill levels. Each game, you'll rotate partners and your placement on the ladder will adjust based on your individual results. Ages 18+

\$30/person members | \$45/person non-members

Skills & Drills Programs

Pickleball Beginner

Thursdays | January 8 - 15 | 5:00 - 6:30PM

Saturdays | March 7 - 14 | 10:00 - 11:30AM

This beginner-friendly class, led by a qualified instructor, focuses on key skills like serving, returning, dinking, and footwork. Ages 18+

\$45 members | \$55 non-members

Pickleball Advanced

Thursdays | February 5 - 12 | 5:00 - 6:30PM

Saturdays | April 11 - 18 | 9:00 - 10:30AM

This advanced-level program is designed for experienced players who are confident with game fundamentals and looking to fine-tune high-level techniques. Ages 18+

\$45 members | \$55 non-members

Fitness Programs

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.

FREE for participants - thanks to the Ottertail Foundation

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.

FREE for participants - thanks to the Ottertail Foundation

Sanford Physical Therapy Screenings

2nd 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

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.

\$60 members | \$110 non-members

Inbody Assessments

Sign up for at your convenience | 15-minute session

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!

\$10 members | \$20 non-members

Scan QR code for more detailed information on adult programs!





RENTALS & PARTIES

Now offering Pool Party Rentals!

Family Wellness is a great place to celebrate - make a splash at your next party! Now offering Pool Party Rentals at select times on Friday evenings, Saturdays and Sundays. Perfect for birthdays, team parties or family fun. Includes access to our pools and private rental of the Multipurpose Room.

Rental Hours

- **Friday:** 6:30 – 8:30PM
- **Saturday:** 1:00 – 3:00PM or 4:00 – 6:00PM
- **Sunday:** 9:00 – 11:00AM or 3:00 – 5:00PM

Rental Details

- **Fee: \$150 members | \$190 non-members**
- Pool birthday parties are two hours, consisting of 1 hour in the pool and 1 hour in the party room (you have access to the room for the full two hours).
- Rental fee covers up to 10 children in the pool with 2-3 adults supervising in the pool area for each party. (*\$5 per additional child – max capacity for the room is 35 people*).
- Food and refreshments are welcome in the party room only, no food or beverage in the pool area is allowed.
- Music can be played from a personal speaker/audio device, but must be kept at a reasonable volume. (*No live music/bands allowed*).
- Decorations are welcome, please no confetti, glitter, tacks, or harsh tape.
- Tables and seating for up to 16 people is provided.
- Family Wellness is a smoke free and alcohol free facility.
- Rental requests can be submitted up to 3 months before rental date.

Scan QR code for more detailed information and to reserve your Pool Party!



FACILITY INFO

About Family Wellness

Family Wellness is a nonprofit organization whose mission is to *inspire healthy lifestyles by connecting people in a fun environment.*

- We develop and implement programs to enhance the healthy lifestyles of children and families.
- We use exercise as a powerful medicine to improve the health of people in our community.
- We maintain our facility as a premier place for activity and learning to inspire healthy lifestyles.

Partnership for Community

This 80,000 square foot fitness and wellness facility was built by a partnership between Sanford Health and the YMCA of the Northern Sky. 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.

Nonprofit Efforts

Since our establishment in 2011, Family Wellness has been dedicated to raising funds to empower individuals of all ages and backgrounds to embrace healthy lifestyles and foster togetherness through our innovative programs and supportive community, creating a lasting and transformative impact. 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!

Your membership can have a mission - become a Mission Member! For just a \$10 donation per month, added to your regular membership fee, you can combine your personal wellness goals with meaningful community impact. This program makes it easy for members to support our nonprofit initiatives by giving monthly. Be a part of something bigger - enroll at the front desk today!

Facility Hours

Monday - Friday	5:00AM - 10:00PM
Saturday	6:00AM - 8:00PM
Sunday	8:00AM - 8:00PM
*Aquatics closes 30 minutes prior to the facility closing.	

Childcare Hours

Monday - Thursday	8:00AM - 7:00PM
Friday	8:00AM - 3:00PM
Saturday & Sunday	8:30AM - 12:30PM

Membership Rates

Membership Type	Monthly Rate	Annual Prepay (card)	Annual Prepay (check)
Individual	\$65	\$780	\$740
Individual with Childcare (coming in 2026)	\$100	N/A	N/A
Dual (coming in 2026)	\$90	\$1080	\$1015
Family Household	\$107	\$1,284	\$1,215
Family/Household with Childcare	\$142	N/A	N/A
Senior Individual (coming in 2026)	\$59	\$708	\$665
Senior Dual (coming in 2026)	\$70	\$840	\$789
Student Membership (coming in 2026)	Quarterly membership for \$135 (\$45/month)		

Please visit familywellnessfargo.org for the most up-to-date facility guidelines and announcements.

Follow us on social media for the latest facility updates!



@familywellnessfargo

2960 Seter Parkway Fargo, ND 58104
701-234-2400 | familywellnessfargo.org



Familywellness

A PARTNERSHIP BETWEEN **SANFORD** 
HEALTH