

2025

ANNUAL Report



Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH 



Community Impact Letter from Director:

As we reflect on 2025 at Family Wellness, we are incredibly grateful for the continued support and belief in our mission. This year was marked by strong momentum and growing engagement across our facility, a clear sign of our community's commitment to health, connection, and belonging. Thanks to the generosity of our donors and grant partners, we raised more than \$66,000 in philanthropic support. These funds allowed us to expand access to wellness opportunities, support inclusive programming, and continue creating a welcoming environment where individuals and families of all ages can thrive.

Our impact in 2025 was also reflected in increased attendance and participation throughout the facility. This growth is a direct result of a passionate and creative staff who consistently collaborate, brainstorm, and bring forward new ideas that open doors for more people in our community. Their dedication continues to elevate the experience for our members and reinforces what makes Family Wellness special. As we move closer to our 15-year anniversary, we do so with big goals, bold vision, and an even greater commitment to making a lasting impact. Thank you for being part of this journey! Together, we are building a healthier, more connected community.

-Cory Herrmann, Executive Director

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

MAKING A MARK ON 2025

Community Impact Fund

At Family Wellness, we believe togetherness equals wellness. When people come together in a welcoming, inclusive space, healthy habits spark and our community grows stronger.

Through our Community Impact Fund, we help make wellness opportunities more accessible for individuals of all ages and backgrounds. By providing services that impact children, adults and families, we're connecting health & healing with the **people, programs and facilities** needed to empower individuals to embrace life-long wellness.

Impact in 2025:

- **558,620 total check-ins** in 2025 and averaged **46,551 check-ins** per month.
- Supported **373 need-based memberships**, which granted **818 people** the opportunity to enhance their life through exercise at a more affordable rate.
- Our **Healthy Cooking in the Classroom Program** impacted 1,520 local elementary students across 99 classes in 2024-2025 school year
- **9 children received scholarships** to participate in Summer Camp where they can build friendships through activity and play in a non-competitive setting.
- 50 Swim Lessons. 16 lives changed. **Inclusive Swim Lessons** build confidence, safety and a sense of belonging.
- Family Wellness works alongside **Sanford Health** to offer **Medical Support & Family Support Memberships**. In 2025, 36 individuals received these memberships at no cost.
- Over 20 individuals living with **Parkinson's Disease, MS** or **varying neurological conditions** participated in small group training sessions to manage symptoms.

A PASSION FOR WELLNESS

Passionate People

At Family Wellness, our greatest strength is our people. Our passionate, qualified team members encourage every individual who walks through our doors to become their best self. With expert instruction and a commitment to excellent customer service, they create an environment where members feel seen, valued and supported. We know that having an encouraging team behind you boosts morale and drives meaningful results, creating a ripple effect that extends beyond our walls and into a healthier, more confident community.

“Private swimming lessons have had a tremendous impact on our son, Henry’s skill level, confidence, and growth. Both Ella and Crystal were able to establish a direct connection with our son and tailor his lessons to meet his learning needs. Where we once saw an aversion to water, we now see a kid who can overcome some of the sensory issues that had previously held him back in other private swimming programs.”

- Specialized Swim School Parents, Zach & Stephanie Fountain

Wellness Programs

At Family Wellness, we’re committed to offering a wide range of programs that support the overall well-being of our community. Our wellness programs are designed to be inclusive, catering to all ages, abilities, and life experiences, ensuring that everyone can benefit and thrive. From specialized swim lessons and adaptive fitness programs to nutrition education, we aim to foster togetherness through our innovative programs.

“I partner with Family Wellness as an occupational therapist. I am able to provide OT and PT services on site with my team, and we’ve seen meaningful gains in our clients’ sensory, motor and overall functional skills. Family Wellness continues to be a place I confidently recommend and value as a true partner in whole-person wellness.”

- Kevin Anderson, Owner of AIM Therapy





Premier Facilities

Family Wellness is designed to support every fitness journey - from beginners to seasoned athletes. We maintain our facility as a premier place for activity and learning to inspire healthy lifestyles. Our 80,000 square foot space has something for everyone who enters our doors to use exercise as a powerful medicine to improve their health.

"After my heart attack five years ago, Family Wellness has truly been a Godsend in my recovery and overall health. Training on the indoor track allowed me to gradually build strength and confidence, eventually working up to running a 5K every five days. Being surrounded by others committed to their health continually motivates me to keep showing up and pushing forward. "

- David Nelson, Member since 2023





WE SUPPORT EVERY JOURNEY

Thank You

Family Wellness is dedicated to promoting inclusivity, vibrant connections, and healthy lifestyles through innovative wellness programs, educational advocacy, and community engagement in a supportive environment. We are grateful for generous donations from community members and organizations to help us continue to foster a healthier, more connected community.

Thank you to our \$1000 + donors:

- Aggressive Towing & Recovery
- Old National Bank
- Life Fitness
- Northarvest Bean Growers Association
- Scheels
- YMCA of the Northern Sky
- Precor
- Jonas Fitness
- Northern Pulse Growers Association
- Northern Canola Growers Association
- American Crystal Sugar Company
- Sanford Health
- Swanson Health
- Ottertail Foundation

In 2025, we were awarded a \$25,000 grant from the Ottertail Foundation, supporting the growth of our Neuro Wellness programs, which offers tailored training for individuals with Parkinson's Disease, MS and stroke survivors. We now offer three different types of functional fitness programs - NeuroFIT, LSVT-BIG & Neuro Chair Yoga - to help these individuals use exercise to manage their symptoms and foster independence.

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Thank you for making Family Wellness the “Best Place to Exercise” for 12 years in a row!



Family Wellness is a dynamic partnership between Sanford Health and the YMCA of the Northern Sky.

Join Us

Family Wellness is more than an organization; it's a movement. 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!

Visit familywellnessfargo.org/nonprofit-efforts to learn how you can get involved and volunteer!



@familywellnessfargo