

15 Years
Family
wellness

A PARTNERSHIP BETWEEN **SANFORD** HEALTH 



PROGRAM GUIDE

2026 Fall/Winter

www.familywellnessfargo.org

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Please visit our website at familywellnessfargo.org for our most up to date facility guidelines and announcements. All programs and events are subject to change.



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 squarefoot 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 2011, Family Wellness has raised funds to empower individuals of all ages to embrace healthy lifestyles and build togetherness in our community. As a nonprofit, we're proud to fund programs that make a real difference — from childcare and summer camp scholarships that give families in need access to quality care, to our Neurofit Program supporting individuals with Parkinson's disease, to Healthy Cooking in the Classroom, which teaches hands-on skills for healthier living. Your membership can have a mission — become a Mission Member! For just \$10 a month, added to your regular membership fee, you can combine your personal wellness goals with meaningful community impact, plus enjoy perks like a Mission Member Gold Card, extra guest passes, and recognition on our Donor Wall. Join us in sparking change and building a stronger, healthier community — enroll at the front desk today!



HOURS AND RATES

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

	Monthly Rate	Annual Prepay (Card)	Annual Prepay (Check)
Individual	\$65	\$780	\$740
Individual with Childcare	\$100	N/A	N/A
Dual	\$90	\$1,080	\$1,015
Family Household	\$107	\$1,284	\$1,215
Family with Childcare	\$142	N/A	N/A
Senior Individual	\$59	\$708	\$665
Senior Dual	\$70	\$840	\$789
Student Membership 18+	Quarterly membership for \$135 (\$45 monthly)		



AQUATICS

Swim School: Sign Up Day

Saturdays, August 29 | October 17 | 10:00AM-12:00PM

Ages: 6 months - Adult

Struggling to decide which level your child belongs in? Come see us to get a free 1 on 1 evaluation in the water with one of our instructors. In 5-10 minutes you will receive our recommendation, and you can feel confident that your child will be comfortable in their class.

Swim Team Camp

Monday-Friday, December 7 - 11 | Monday - Thursday: 4:30-6:30PM

Friday: 4:30-7:30PM

Cost: Member: \$75 | Non-Member: \$150

Registration requirements: Has passed level “Otter” in Swim School, or under 16 and can swim 25 yards front crawl and back stroke. 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.

Dive-In Movie Night

Friday, September 4 | 6:45-8:00PM

Friday, October 30 (Halloween Edition) | 6:45-8:00PM

Friday, December 18 (Christmas Edition) | 6:45-8:00PM

Cost: Member: Free | Non-Member: Day Pass

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 time.



SWIM SCHOOL

Lessons are offered for everyone ages 6 months through adulthood. Classes are once per week for 30 minutes to encourage year-round lessons. 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.

Adult class ration is 3:1. 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.

Cost: Member: \$70 | Non-Member: \$140

Swim School Schedule (Session 1)

1 lesson per week for 6 weeks

August 31 – October 12

(No lessons 9/7 for Labor Day)

Mondays: 4:30-6:30PM

Tuesdays: 4:30-7:00PM

Thursdays: 4:30-7:00PM

Saturdays: 9:00AM-12:00PM

NOW OFFERING:

Adult Levels 1 and 2 (Session 1)

1 lesson per week for 6 weeks

August 31 – October 12

(No lesson 9/7 for Labor Day)

Mondays: 6:00-6:30PM

Swim School Schedule (Session 2)

1 lesson per week for 6 weeks

October 19 – December 12

(No lessons 11/23-11/28 for Thanksgiving)

Mondays: 4:30-6:30PM

Tuesdays: 4:30-7:00PM

Thursdays: 4:30-7:00PM

Saturdays: 9:00AM-12:00PM

Adult Levels 1 and 2 (Session 2)

1 lesson per week for 6 weeks

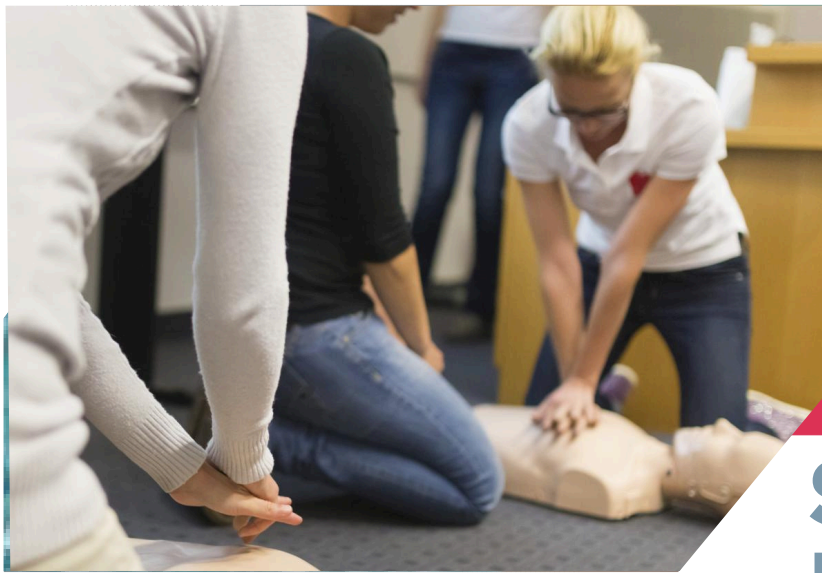
October 19 – December 12

(No lessons 11/23 for Thanksgiving)

Mondays: 6:00-6:30PM

Scan QR code for more detailed information on Aquatics and Swim School programs!





SAFETY EDUCATION

Red Cross CPR/AED/First Aid Training

Thursdays, September 10 | October 8 | November 12 | December 10 | 6:00-8:00PM

Cost: Member: \$65 | Non-Member: \$105 | **Location:** Wellness Ed | **Ages:** 15+

Prepare for the unexpected and gain the knowledge and skills needed in the event of an emergency! This American Red Cross course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies. This is a blended learning course including an online portion and an instructor-led classroom session. The online portion must be completed prior to the class session. Upon completion of this class, you will be certified for 2 years in Red Cross CPR, AED, and First Aid for adults, children, and infants. Registration closes 7 days in advance of course.

Red Cross Babysitting Training

Saturdays, September 12 | October 3 | November 14 | December 5 | 8:00-4:00PM

Cost: Member: \$85 | Non-Member: \$115 | **Location:** Wellness Ed | **Ages:** 11+

This American Red Cross Babysitting Course lets you start your babysitting business on the right foot and learn how to be a safe, professional, and reliable sitter. Included in the course is an American Red Cross First Aid and CPR Certification that is valid for 2 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 provided and will be cooked by the class. Please let us know if there are any food allergies or prepare your own lunch. Registration closes 7 days in advance of course.

Scan QR code for more detailed information on Safety Education!



Questions? Please contact our Aquatics Manager Ciana_Murphy@SanfordHealth.org to arrange private, semi-private or specialized lessons.



CHILDCARE

Parent's Night Out

Fridays, September 4 | October 2 | November 6 | December 4 | 4:45-7:45PM

Cost: Member: \$15/child | Non-Member: \$20/child | **Ages:** 2wk-9yrs

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. Pre-registration is required and space is limited. Sign up by noon the day prior to the event. Parent's Night Out is located in Childcare at Family Wellness for ages 2 weeks to 9 years. Please bring your own diapers and peanut free snacks.

Child Developmental Screenings

Thursdays, September 17 | October 15 | November 19 | December 17 | 8:30-10:30AM

Cost: Member: FREE | Non-Member: FREE | **Ages:** 2wk-9yrs

Pediatric Therapy Partners will be providing free child developmental screenings at Family Wellness! The first years of your child's life are important and filled with many developmental milestones. This opportunity will help identify any concerns and can connect your family with tools and resources that may benefit your child. Results can be provided confidentially in-person or over the phone by Pediatric Therapy Partners.

Spooktacular Halloween Event

Thursday, October 22 | 5:00-7:00PM

Cost: Member: FREE | Non-Member: FREE | **Location:** Court 1 & 2 | **Ages:** All Ages

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 healthy festive snack, Halloween themed games, inflatables and much more! Free for members and non-members!

Scan QR code for more detailed information on childcare programs!





WELLNESS TRAINING

InBody Scan

Monday-Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: \$10 | Non-Member: \$20 | **Ages:** 15+

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!

Training Consultation

Monday-Friday: 6:30AM-7:30PM | By Appointment | (30 minutes)

Cost: Member: Free | Non-Member: Free | **Ages:** 15+

A sit-down meeting with a personal trainer to discuss health history, past workout experience, and goals. This is an introduction to a personal trainer with the intent to start an in-person training program.

Fitness Orientation

Monday-Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: Free | Non-Member: Free | **Ages:** 15+

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.

Youth Fitness Orientation

Monday-Friday: 6:30AM-7:30PM | By Appointment

For youth 12-14 who want to access cardio and designated fitness equipment without supervision. Participants will learn how to use equipment safely as well as gym etiquette.

Cost: FREE for members and non-members | **Ages:** 12-14 years.

Partner Training

Monday-Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: See Website | Non-Member: See Website | **Ages:** 15+

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



Welcome FitStart

Monday - Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: \$70 | **Ages:** 15+

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.

Small Group Training

Monday - Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: \$12 | Non-Member: \$24 | **Ages:** 15+

Train with a small group in a fun, supportive environment that combines personalized coaching with the motivation of working alongside others. Sessions are designed to improve strength, fitness, and confidence while ensuring each participant receives individual attention and guidance

Brain Health

Wednesdays: 9:00-9:45AM

Cost: Member: \$12 | Non-Member: \$20 **Ages:** 15+

A structured brain health class designed to improve cognitive performance, mental clarity, and resilience using targeted training strategies to strengthen focus, support memory, and enhance daily functioning.

1-on-1 Personal Training

Monday - Friday: 6:30AM-7:30PM | By Appointment (30, 45, or 60 min sessions)

Cost: Member: See Website | Non-Member: See Website | **Ages:** 15+

Each session is customized to your fitness level and goals, blending strength, cardio, and mobility work for a balanced, effective workout with focused guidance and motivation.

Youth Healthy Lifestyle

Monday-Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: \$140 | Non-Member: \$200 | **Ages:** 8-14

One-on-one training that teaches the fundamentals of exercise plus ways to make it fun and enjoyable for kids age 8-14. Includes one healthy cooking class. Price is for eight 30-minute sessions.

Adaptive Training

Monday-Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: \$103 | Non-Member: \$103 | **Ages:** 15+

Specialized fitness coaching that helps individuals of all abilities achieve their health and fitness goals through customized exercise programs, tailored to each person's abilities and needs.

Wellness Coaching Consult

Monday-Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: \$75 | Non-Member: \$100 | **Ages:** 15+

A comprehensive initial assessment evaluating lifestyle habits, stress levels, sleep patterns, and nutrition, resulting in a personalized wellness plan. Required for all new wellness coaching clients.

Wellness Coaching

Monday-Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: \$45 | Non-Member: \$90 | **Ages:** 15+

A personalized, whole-person approach to health that supports individuals in building sustainable habits around movement, nutrition, stress management, and overall well-being.

Sanford Physical Therapy

Second Tuesday of Every Month | 9:00-11:00AM

Cost: Member: See Website | Non-Member: See Website | **Location:** Fitness Center

Ages: 15+ Family Wellness is partnering with Sanford Physical Therapy to bring screenings to our members! Limited individual 15-minute time slots.

Program Design

Monday - Friday: 6:30AM-7:30PM | By Appointment

Cost: Member: \$90 | Non-Member: \$140 | **Location:** Fitness Center | **Ages:** 15+

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.

Training For Seniors

First Thursday of Every Month | 10:00-10:45AM

Cost: Member: \$60 | Non-Member: \$120 | **Location:** Fitness Center | **Ages:** 55+

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.

Neuro Fit

Every Monday | 3:00-3:45PM

Cost: Member: Free | Non-Member: Free | **Location:** Fitness Center

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.

LSVT - BIG

Every Friday | 10:00-10:45AM

Cost: Member: Free | Non-Member: Free | **Location:** Fitness Center

A class designed to provide exercise services for individuals with Parkinson's Disease (PD), conducted by a licensed Occupational Therapist certified to provide LSVT-Big classes.

Scan QR code for more detailed information on Wellness Training programs!





GROUP FITNESS

Strong throughout the Shift | Let's Talk About Menopause

Sunday, September 13 | 4:00-6:00PM

Cost: Member: \$15 | Non-Member: \$25 | **Location:** Wellness Ed | **Ages:** 35+

An educational workshop for women ages 35 and older, exploring the physical and hormonal changes of perimenopause and menopause and offering practical, evidence-based strategies to thrive. Hear from a physician and Lizette Sunde, PT, DPT, on maintaining strength, mobility, and long-term musculoskeletal health, then enjoy hormone-friendly snacks prepared by our Healthy Cooking Chef.

Intro to Yoga Fundamentals

Date: Saturday, September 26 | 12:30-2:30PM

Cost: Member: \$25 | Non-Member: \$35 | **Location:** Group Fitness #1 | **Ages:** 15+

This beginner-friendly class is the perfect starting point for anyone new to yoga. You'll be guided step-by-step through essential poses, proper alignment, and basic breathing techniques in a supportive, unhurried environment, improving flexibility, balance, and core strength, with modifications offered throughout.

Intro to MELT Method

Saturday, October 3 | 12:30-2:30PM

Cost: Member: \$30 | Non-Member: \$40 | **Location:** Group Fitness #1 | **Ages:** 15+

This beginner-friendly class introduces the fundamentals of the MELT Method, a simple self-care technique using specialized soft rollers and small hand and foot balls to gently rehydrate connective tissue, reduce tension, and improve overall alignment. No prior experience needed.

MELT Method & Yoga for Knee, Hip, & Back Pain

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

Cost: Member: \$30 | Non-Member: \$40 | **Location:** Group Fitness #1 | **Ages:** 15+

This therapeutic class blends the gentle self-care techniques of the MELT Method with supportive yoga-based movement to help reduce discomfort and improve mobility in the knees, hips, and lower back. All levels are welcome, with modifications offered throughout.

MELT Method & Restorative Yoga for Nervous System Regulation

Saturday, December 5 | 12:30-2:30PM

Cost: Member: \$30 | Non-Member: \$40 | **Location:** Group Fitness #1 | **Ages:** 15+

This calming, restorative class combines the gentle self-care techniques of the MELT Method with supported restorative yoga to help regulate the nervous system, reduce stress, and promote deep relaxation. Especially beneficial for those experiencing chronic stress, fatigue, anxiety, or physical tension.

Vinyasa & Vino at Bear Creek Winery

Wednesday, September 23 | 5:30-8:00PM

Cost: Member: \$70 | Non-Member: \$80 | **Ages:** 21+

Location: Bear Creek Winery | 8800 25th Street S. Fargo, North Dakota 58104

Unwind, reconnect, and treat yourself to an unforgettable evening of wellness and wine at the beautiful Bear Creek Winery! The evening kicks off Creekside with a calming MELT Method & Yoga class — a gentle, restorative practice that blends mindful movement, breathwork, and MELT techniques to help regulate the nervous system, ease stress, and leave you feeling refreshed in body and mind. From there, settle in for a guided tasting of three handcrafted wines, paired with your own personal charcuterie board, followed by an exclusive tour of Bear Creek Winery. And as a sweet bonus, every participant will be entered to win a yoga-themed door prize valued at over \$125! Space is limited to 20 participants, so reserve your spot today for an evening of relaxation, great wine, and memories to last.

FLOAT Series - Pilates

Sunday, October 4 | 11:30AM

Cost: Member: FREE | Non-Member: Flex or Day Pass | **Location:** Lap Pool | **Ages:** 15+

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! Please register online since there are a limited number of boards.

FLOAT 'n Fit

Thursday, November 5-26 | 9:15AM (No class on Thanksgiving)

Cost: Member: Free | Non-Member: Flex or Day Pass | **Location:** Lap Pool | **Ages:** 15+

Elevate your fitness routine with FLOAT 'n' FIT, a 4-week specialty course on floating Fit Mats in the water, combining strength conditioning, cardio, and balance training. No swimming experience necessary, but be prepared to get a little wet! Registration required through the Family Wellness website.

Meow-Maste: Yoga with Cats!

Thursday, September 17 | Time: 5:30-7:00 PM

Cost: \$10 for Members | \$15 for Non-Members

Location: Multi-Purpose Room or The Courtyard weather permitting

Unroll your mat and find your inner peace—with a few furry friends to help you stretch! Join us for an unforgettable evening of gentle yoga, soft purrs, and playful whiskers. Whether you're a seasoned yogi or just here for the cat cuddles, this event is the ultimate way to unwind and de-stress. Not only will you leave feeling relaxed and refreshed, but you'll also be supporting local animals in need: 50% of all ticket proceeds will be donated directly to Cat's Cradle Shelter. We are also accepting physical donations for the shelter (canned food, toys, litter, or gently used blankets/towels). Bring a donation and help us shower these amazing cats with love!

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





ADULT AND YOUTH HEALTHY COOKING

ADULT HEALTHY COOKING CLASSES

Anti-inflammatory Meals

Friday, September 4 | 10:00-11:45AM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+

Join us in making refreshing chicken and farro burrito bowls designed to inspire an anti-inflammatory diet.

Savory Mini Pies

Thursday, September 24 | 5:30-7:30PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+

Swedish hand pies with a simple side salad make a great season-bridging supper. Learn how to build flavor and master flakey pastry.

Satisfying Soups

Tuesday, October 13 | 10:00-11:45AM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+

As we enter soup season, we're making soup the meal, building flavor in a single pot: squash & sweet potato soup, and Knoephla soup.

High Fiber Meals

Monday, October 19 | 5:30-7:30PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+

Fibermaxxing is the latest food trend! Join us in making chicken and farro burrito bowls, and discuss the impact of fiber on our health.

Cozy Casseroles

Tuesday, November 3 | 10:00-11:45AM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+

Tuna casserole/hotdish is a midwestern classic. Learn how to make this favorite from scratch along with homemade crescent rolls.

Sourdough Basics

Thursday, November 19 | 5:30-7:30PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+

Learn the basics of sourdough and leave with all you need to make delicious bread at home, including starter and discard pancakes.

Holiday Treats

Thursday, December 3 | 10:00-11:45AM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+

A European spin on the holidays: Norwegian Rice Pudding, Finnish Gingersnaps, and Austrian-inspired Linzer Slicers.

NDSU Meat Science: Prime Rib

Monday, December 7 | 5:30-7:30PM

Cost: Member: \$30 | Non-Member: \$40 | **Location:** Wellness Ed | **Ages:** 16+

Learn to select, trim, season, and cook a beef prime rib roast with Dr. Eric Berg from the NDSU Meat Science department, plus delicious samples to try.

Pot Pie

Thursday, December 17 | 5:30-7:30PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+

Learn how seasonal ingredients transform chicken pot pie into something new: Squash and Kale Chicken Pot Pie and Swedish Kladdkaka.





COOKING SERIES

Adult Global Series: Europe

Friday, September 11 | 5:30-7:30PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+
Travel across Europe by experiencing wholesome, classic recipes reinvented for modern, healthy cooking, including Nordic salmon skewers and a pizzeria-style salad.

Adult Global Series: Asia

Friday, October 9 | 5:30-7:30PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+
Explore the diverse taste of Asia as we cook with bright herbs, flavorful broths, and balanced seasonings inspired by iconic Asian cuisines.

Adult Global Series: Africa

Friday, November 13 | 5:30-7:30PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+
Experience Africa's rich culinary traditions featuring aromatic spices to soulful comfort food in this beginner-friendly cooking class.

Adult Global Series: South America

Friday, December 11 | 5:30-7:30PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 16+

LIVE COOKING DEMOS

Stunning Sandwiches

Thursday, October 1 | 10:00-11:45AM

Cost: Free | **Location:** Multipurpose Room | **Ages:** All ages
Join us for this cooking demonstration where we kick up the flavor and make stunning sandwiches, including sauteed vegetable hoagies and grilled sandwiches.

Pumpkin Favorites

Thursday, October 29 | 10:00-11:45AM

Cost: Free | **Location:** Multipurpose Room | **Ages:** All ages
Join us as we transform a seasonal symbol into delicious eats: Pumpkin Chocolate Chip Cookies and Roasted Butternut Squash Puree.

Last Minute Thanksgiving Sides

Tuesday, November 24 | 10:00-11:45AM

Cost: Free | **Location:** Multipurpose Room | **Ages:** All ages
Fresh ideas for your Thanksgiving table: Stovetop Apple Cranberry Stuffing, Roasted Butternut Squash Salad, and Pumpkin Custard.

KIDS HEALTHY COOKING

Zucchini Bread

Tuesday, September 8 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Young chefs turn seasonal zucchini into a sweet treat, practicing grating and mixing to create a fluffy loaf of zucchini bread.

Taco Zucchini Boats

Thursday, September 17 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Young chefs turn veggies into vehicles — zucchini taco boats loaded with seasoned taco filling, melty cheese, and toppings.

Game Day Snacks

Tuesday, September 22 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Football season is starting! Join us in learning how to make healthier versions of favorite game-day foods in this fun, hands-on class.

Ratatouille Pasta

Tuesday, October 6 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Learn how to make this little-chef inspired pasta dish packed with delicious veggies including eggplant, tomatoes, zucchini, and more!

Apple Crisp

Thursday, October 15 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Kids peel and slice apples, toss them with cinnamon and sugar, and mix up a buttery, crumbly oat topping to bake a warm, cozy dessert.

Spider Web Deviled Eggs

Tuesday, October 20 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Young chefs practice boiling, dyeing, and cracking eggs to make Halloween-themed deviled eggs — a protein-packed, spooky snack.

Homemade Frozen Yogurt

Tuesday, November 10 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Level up your evening sweet treat with this homemade frozen yogurt! Chefs churn their own yogurt base and try different mix-ins.

Pumpkin Bars

Friday, November 20 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Kids mix a spiced pumpkin batter, bake golden bars, and top them with a creamy frosting — a fun new favorite fall treat!

Holiday Rocky Road

Thursday, December 10 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | Location: Wellness Ed | Ages: 7-15

Did you know rocky road isn't just an ice cream flavor? Learn how to make fudge like dessert bars with a healthy twist.

Spinach Pasta

Tuesday, December 15 | 5:30-6:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Making pasta might be easier than you think! Young chefs practice their pasta-making skills and whip up a refreshing spinach pasta.

Santa Pancakes

Saturday, December 19 | 11:00AM-12:45PM

Cost: Member: \$20 | Non-Member: \$30 | **Location:** Wellness Ed | **Ages:** 7-15

Kids mix up fluffy pancake batter and decorate their creations into jolly Santa faces with whipped cream, strawberries, and toppings.



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





YOUTH PROGRAMS

Volleyball Skills & Drills | Tuesdays, September 8-29

Ages 5-7 | 5:15-6:00PM | Ages 8-10 | 6:15-7:00PM

Cost: Member: \$35 | Non-Member: \$50 | **Location:** Court 1

This beginner-friendly class introduces young athletes to the fundamentals of volleyball through fun, engaging games and skill-building activities. Led by NDSU Club Volleyball players, participants will learn basic skills such as passing, setting, serving, and movement while building teamwork, coordination, and confidence in a positive, supportive environment.

Soccer Skills & Drills | Sundays, November 1-22

Ages 3-5 | 1:00-1:35PM | Ages 6-8 | 1:45-2:25PM

Cost: Member: \$33 | Non-Member: \$48 | **Location:** Bubble Turf

Participants build fundamental soccer skills in a fun, supportive environment, practicing dribbling, passing, shooting, and basic game strategies through engaging drills.

Tumbling Tuesdays | Tuesdays, October 6-27

Ages 3-5 | 5:15-5:45PM | Ages 6-8 | 6:00-6:30PM

Cost: Member: \$30 | Non-Member: \$45 | **Location:** Bubble Turf

A playful introductory gymnastics class for little movers, exploring rolls, balances, and jumps through games and obstacle courses that build coordination and confidence.

Basketball Skills & Drills | Tuesdays, November 3-24

Ages 5-7 | 5:15-6:00PM | Ages 8-10 | 6:15-7:00PM

Cost: Member: \$35 | Non-Member: \$50 | **Location:** Court 1

Participants learn fundamental skills like dribbling, passing, and shooting through fun games and simple drills, building coordination and confidence. No experience needed!

Sports Sampler: Tiny Titans (Ages 3-5)

Sundays, October 4-25 | 1:00-1:35PM

Tuesdays, December 1-22 | 5:00-5:35PM

Cost: Member: \$33 | Non-Member: \$48 | **Location:** Bubble Turf

This fun 4-day session introduces basketball, T-ball, football, soccer, and more through warm-ups, skill stations, and games, building technique, coordination, and teamwork.

Sports Sampler: Active Explorers (Ages 6-8)

Sundays, October 4-25 | 1:45-2:25PM

Tuesdays, December 1-22 | 5:45-6:25PM

Jump & Play (Ages 3-6)

Thursdays, September 17 & November 12 | 4:30-5:30PM

Cost: Member: Free | Non-Member: \$15 | **Location:** Court 1 | **Ages:** 3 to 6

Come jump with us! A bounce house, obstacle courses, basketballs, scooters, and hula hoops set up in the gym for your child(ren) to get their wiggles out!

Youth Volleyball League

Mondays, October 5-November 23 | 5:30-7:00PM

Cost: Member: \$50 | Non-Member: \$65 | **Location:** Court 1 & 2 | **Ages:** 8 to 11

Players develop skills like serving, passing, setting, and hitting through weekly instruction and game play, learning teamwork, sportsmanship, and game strategy.

Youth Pickleball Skills & Drills (Ages 8-12)

Thursdays, December 3-17 | 5:00-6:00PM

Cost: Member: \$45 | Non-Member: \$55 | **Location:** Court 1 & 2

A qualified instructor teaches players how to serve, return, and rally while building hand-eye coordination and footwork through games and drills.

KIDS CAMPS



Veterans Day Camp

Wednesday, November 11 | 9:00AM-4:00PM

Cost: Member: \$60 | Non-Member: \$70 | **Location:** Wellness Ed | **Ages:** 6-10

Gobble Till You Wobble Camp

Wednesday, November 25 | 9:00AM-4:00PM

Cost: Member: \$60 | Non-Member: \$70 | **Location:** Wellness Ed | **Ages:** 6-11

Martin Luther King Jr Camp

Monday, January 18 | 9:00AM-4:00PM

Cost: Member: \$60 | Non-Member: \$70 | **Location:** Wellness Ed | **Ages:** 6-11

New Year, New Fun Camp

Monday - Thursday, December 28-31 | 9:00AM-4:00PM

Cost: Member: \$200 | Non-Member: \$230 | **Location:** Wellness Ed | **Ages:** 6-11



ADULT PROGRAMS

Adult Co-Ed Dodgeball League

Wednesdays, September 30-November 18 | 6:30-9:30PM

Cost: Member: \$200/Team | Non-Member: \$250/Team | **Location:** Court 1 & 2 |

Ages: 18+ Sign up today for the Adult Dodgeball League! Teams will play league games and an end of year tournament. Pick up your roster and rules from the front desk or online; the roster must be turned in on the first night of league play. Limited spots available.

Fall Pickleball League AM

Wednesdays, September 2-October 21 | 8:30-10:30AM

Cost: Member: \$16 | Non-Member: \$36 | **Location:** Court 1 & 2 | **Ages:** 18+

Join our Fall Ladder Pickleball League for members and non-members! No need to find a partner — you'll be paired with others of similar skill each week, with placement adjusted weekly based on results. Spots limited to 32.

Winter Pickleball League AM

Wednesdays, November 4-December 23 | 8:30-10:30AM

Cost: Member: \$16 | Non-Member: \$36 | **Location:** Court 1 & 2 | **Ages:** 18+

Join our Winter Ladder Pickleball League for members and non-members! No need to find a partner — you'll be paired with others of similar skill each week, with placement adjusted weekly based on results. Spots limited to 32.

Fall Pickleball League PM

Thursdays, September 10-November 5 (No 10/22) | 7:00-9:30PM

Cost: Member: \$30 | Non-Member: \$45 | **Location:** Court 1 & 2 | **Ages:** 18+

Join our evening Ladder Pickleball League! Games run 7-9:30pm. No need to find a partner — you'll be paired with others of similar skill each week, with placement adjusted weekly based on results. Spots limited to 32.

Pickleball Beginner Skills & Drills

Mondays, September 14-September 21 | 6:00-7:30PM

Saturdays, November 7-November 14 9:30-11:00AM

Cost: Member: \$45 | Non-Member: \$55 | **Location:** Court 1 & 2 | **Ages:** 18+

New to pickleball or looking to build a solid foundation? This beginner-friendly class, led by a qualified instructor, focuses on serving, returning, dinking, and footwork. Equipment available if needed.

Pickleball Skills & Drills

Tuesdays, November 3-November 24 | 5:15-6:00PM

Cost: Member: \$35 | Non-Member: \$50 | **Location:** Court 1 | **Ages:** 18+

Continue building your pickleball game with more advanced techniques, strategy, and guided practice led by a qualified instructor.





EVENTS

Fargo Moving Day Community Walk

Saturday, September 12 | Registration 8:30AM | Walk starts @ 9AM

Registration Required | Cost: Free (donations encouraged for the Parkinson's Foundation)

Location: Outside, weather pending (will move indoors)

Join us for a fun and inclusive community walk supporting the Parkinson's Foundation! This free, family- and pet-friendly event features coffee, snacks, community resource booths, and wheelchair- and walker-accessible routes. Our goal is to raise \$5,000 to benefit the Parkinson's Foundation while providing resources, support, and meaningful connections for individuals living with Parkinson's disease and their loved ones.

Family Wellness Community Blood Drive

Thursday, November 5 | 8:00AM-12:00PM

Cost: Free | **Location:** Wellness Ed | **Ages:** 16+

Make a lifesaving difference by donating blood at the Family Wellness Community Blood Drive. A single donation can help save multiple lives and support local patients in need. To schedule an appointment contact Allison at allison.hauschild@sanfordhealth.org. Must be at least 16, weigh at least 110 lbs, and be in good health

Adaptive Sports Series

Thursdays, September 10-November 19 | 1:30-2:30PM

Cost: Free | **Location:** Court 1 | **Ages:** 15+

Adaptive Sports Series provides adults of all abilities with a welcoming space to stay active, socialize, and enjoy a variety of sports, including basketball, pickleball, volleyball, and more!

Spooktacular Halloween Event

Thursday, October 22 | 5:00-7:00PM

Cost: Member: FREE | Non-Member: FREE | **Location:** Court 1 & 2 | **Ages:** All Ages

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 healthy festive snack, Halloween themed games, inflatables and much more! Free for members and non-members!

Fencing Expo

Saturday, October 3rd | 10:00 AM-2:00 PM

Cost: Member: Free | Non-Member: Flex or Day Pass

Step onto the strip and discover a new way to move! Join our Fencing Expo—watch it, learn it, suit up, and try it! | Live fencing demos | All 3 Olympic disciplines: Foil, Épée & Sabre
Try on real gear | Fence with expert instruction. No experience needed! Build speed, focus, strategy & confidence. Grades 7-12 (ages 12-18): this could be your path to the MN High School Fencing League & State Championships!



RENTALS

Gym Birthday Party

Cost: Member: \$150 | Non-Member: \$190

Celebrate your next birthday with an action-packed party at Family Wellness! Our Gym Birthday Party Rentals offer a full court customizable with adjustable basketball hoops, a volleyball net, or pickleball setup — perfect for birthdays, team parties, and active celebrations.

Pool Birthday Party

Cost: Member: \$150 | Non-Member: \$190

Make a splash at your next celebration! Family Wellness offers Pool Party Rentals at select times on Friday evenings, Saturdays, and Sundays. Perfect for birthdays, team parties, or family fun.

Inflatable Birthday Party

Cost: Member: \$200 | Non-Member: \$240

Bring the fun to your next celebration with an Inflatable Birthday Party at Family Wellness! Jump, bounce, and play on exciting inflatables in a safe, spacious environment — perfect for birthdays, family gatherings, or group celebrations.

Multipurpose Room Rental

Cost: Member: \$40/hr | Non-Member: \$60/hr

Basketball Court Rental

Cost: Member: \$55/hr | Non-Member: \$75/hr

Wellness Education Room Rental

Cost: Member: \$50/hr | Non-Member: \$70/hr

Conference Room Rental

Cost: Member: \$40/hr | Non-Member: \$60/hr

Scan QR code for more detailed information on rentals & parties!





Since 2011, **Family Wellness** has been a **nonprofit** organization dedicated to raising funds for community wellness through its Cook Well, Live Well, Move Well philosophy — serving as an inclusive wellness facility for people of all ages, backgrounds, and abilities. Now in its 15th year, the organization has grown into a nonprofit built on three core frameworks:

- **Wellness Programming** – inclusive activities supporting holistic well-being for all
- **Education & Advocacy** – workshops and resources that boost health literacy
- **Community Engagement & Outreach** – partnerships that make wellness services accessible to everyone

Ignite Wellness, the organization's annual initiative, unites these frameworks under one mission: to spark change and build a stronger, healthier community. As a nonprofit

Family Wellness relies on this campaign to fund and support its programming, education, and outreach efforts comprehensively — ensuring wellness remains accessible to all who need it.

**Scan the QR code to
Donate to the Ignite
Wellness Initiative.**



**Scan the QR code to view
the Digital Program Guide.**





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