

ADULT SPORTS

PICKLEBALL

Pickleball is a combination of Badminton, Ping-Pong and Tennis. It's a great opportunity to be active, meet new people and have fun. This is a casual, low impact, informal activity. Offered several times weekly, all equipment provided. Free for members.

VOLLEYBALL

Play pick-up games, enjoy quality time with your family and friends or meet new people! Volleyball is a great way to stay active, be social and have fun. Participants of all skill levels are welcome to play. This is a casual, low impact, informal activity. Offered several times weekly, all equipment provided. Free for members.

BASKETBALL

Our "Noonball" program is a great way to stay in shape, meet new people and have fun. Participants must be 18 years of age or older to play. This is a vigorous, intense, high impact activity. Offered several times weekly, all equipment provided. Free for members.

RACQUETBALL

Racquetball is a fun and challenging activity that will keep your body active and agile. Several racquetball courts and plenty of equipment are available for reservation daily. Free for members.

Our fun, formal Racquetball League, offers exercise and friendly competition to participants in Gold, Silver A, Silver B or Bronze division. Players must be 18 or older to participate. Offered several times annually, all equipment provided. Member price \$20, non-member price \$30.

ADULT AQUATICS PROGRAMS

BEGINNER ADULT SWIMMING LESSONS, AGES 14+

The Y offers adult private and group swimming lessons, focused on becoming more comfortable and confident in the water, developing and refining skills and strokes, and working towards personal goals while in a supportive and relaxed environment.

INTERMEDIATE ADULT SWIMMING LESSONS

These adult lessons at the Y offer a private or group setting where you can work with an instructor on refining your swimming ability, and learn the basics of lap swimming, proper form, building endurance and developing your own workouts.



LOCATIONS

YMCA

1608 N Washington St., Bismarck, ND

FAMILY WELLNESS

2700 46th Ave. SE, Mandan, ND

HOURS OF OPERATION

Monday-Friday 5:00am-11:00pm

Saturday 6:00am-7:00pm

Sunday 9:00am-7:00pm

HOLIDAY HOURS

Easter, July 4, Christmas Day

CLOSED

Memorial Day, Labor Day,
Thanksgiving, Christmas Eve,
New Year's Eve/Day

ADJUSTED

CONTACT INFORMATION

Y Phone: 255-1525

FW Phone: 751-9800

YDC Phone: 255-6122

YDC North 751-9700

Y Website: bismarckymca.org

FW Website: familywellnessbisman.org



FOR HEALTHY LIVING

ADULT PROGRAMS

VIRTUAL Y

Traveling for work, on vacation or from the comfort and convenience of your home, take the Y with you virtually anywhere with Virtual Y. Featuring group fitness classes, healthy recipes, family activities and more, Virtual Y brings wellness right to you. Always FREE for members.

GROUP FITNESS

The Y offers over 100 group fitness classes in Studio 1, Mind & Body Studio, Cycle Studio and in our pools! From yoga, to water fitness, cycling, kickboxing, cardio dance, power tone and more, the certified group fitness instructors at the Y offer something for everyone and classes to match all fitness levels. As always, regular group fitness classes are FREE for members.

MX4

Get inspired, get together, and get results with this game changing group training program. With sessions available for all fitness levels, provided by certified trainers, MX4 can completely change the way you feel and live by delivering enhanced training with elevated results.

MX4 is a high-intensity, small group, interval training course instructed by one of our outstanding certified Personal Trainers to create an exciting group training experience. Each fast, challenging and fun 30 minute-session combines TRX suspension, self-propelled treadmills, rowing machines, kettlebells, battleropes, landmines, slamballs and much more!

MX4 offers the opportunity for participants to choose the packages, dates and times that work best for them with several sessions offered each week. Visit the Life Center or our website for more information.



LIFE CENTER

The Northern Energy Life Center at the Y offers over 250 pieces of cardio and strength training equipment in more than 20,000 sq. ft. This premier wellness center is fully equipped with state-of-the-art machines to give you the best possible workout with large, open, inviting spaces. Members ages 10-12 may use the Life Center with a parent. Ages 13 and up are welcome on their own.

WELLNESS ORIENTATION

Work one on one with a Wellness Specialist to set goals, learn about programs and equipment, and find the best fits for you to get going on your successful wellness journey. Free for members.

WEIGHT & CARDIO ROOM ORIENTATION

Take a tour with a Fitness Associate to understand how to properly operate and set our machines, what services are available to you, and how to utilize weight and cardio equipment safely and effectively, for the best possible fitness experience. Free for members.

FITNESS PROGRAM DESIGN

Work with a Personal Trainer to create a four-week fitness program, designed specifically for you. This personalized plan will give you the guidance and support you need to be successful in your wellness and see real results. Member price \$150.

SPECIALTY WELLNESS

LIVESTRONG® AT THE YMCA

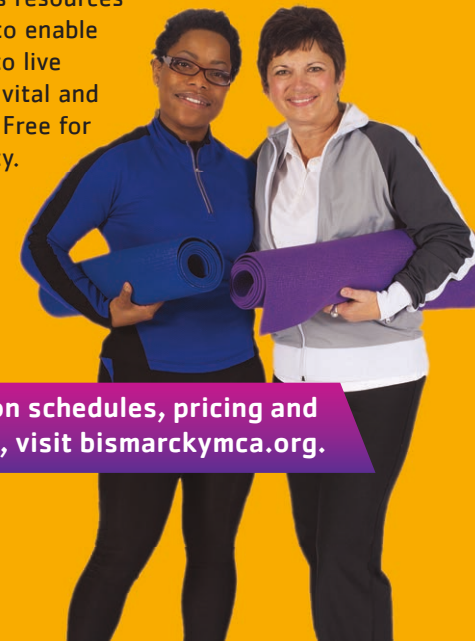
A wellness program that builds strength, stamina and confidence for adult cancer survivors. This 12-week program is designed for cancer survivors who have become de-conditioned or chronically fatigued from their disease and/or treatment. The mission of LIVESTRONG® at the YMCA is to empower adult cancer survivors to improve functional capacity and to increase their quality of life through an organized program of fitness & strength. Free for the community.

PARKINSON'S WELLNESS

A community wellness program that addresses the daily needs of individuals living with Parkinson's disease, and provides year round access to PWR!Moves™: a Parkinson's-specific group exercise program. The mission of the Parkinson's Wellness Recovery program is to improve the quality of life of Parkinson's disease patients and their caregivers. Free for the community.

PRIMETIME WELLNESS

A total wellness program for adults 65 and older focusing on body, mind and spirit. Participants enjoy land and water group fitness classes, social activities and educational opportunities. The program gives resources and support to enable participants to live independent, vital and healthy lives. Free for the community.



For details on schedules, pricing and registration, visit bismarckymca.org.