



MONTHLY MEMBER FEATURE



GET PERSONAL

LEARN MORE

Personal training is a great way to stay motivated, reach your fitness goals & build lasting healthy habits. With expert guidance from a certified personal trainer, you'll receive a customized workout plan, accountability, and the support you need to succeed, whether you're looking to lose weight, gain strength, improve mobility, or boost overall wellness. At the Y, we offer outstanding personal training packages designed to fit your needs & lifestyle. Our experienced trainers provide one-on-one coaching, tailored workouts & encouragement to help you stay on track. No matter where you are in your fitness journey, our YMCA is here to support you every step of the way!

PERSONAL & GROUP TRAINING

Whether you need the energy and encouragement of a group, or one on one focus and support, try a training program to find the motivation and accountability you need to see the results you want and reach your wellness goals. Register for personal or group training today to get on your way to being the best version of you!



Personal Training

Motivation, accountability, inspiration & success! A Certified Personal Trainer can give you the support you need to see the results you want. Our trainers can get you going on a workout plan, add variety to your exercise program or challenge the athlete inside. Train by yourself for one-on-one attention, or train with a friend to challenge & encourage each other.

Visit the Life Center or contact Kara at kara.colon@bismarckymca.org for more information.

Kick Start

- 3, 45 Min Sessions
- \$100

Build strength & confidence with our Intro to Weights program! Work one-on-one with a certified personal trainer to learn how to use machines, free weights & strength equipment in a positive & supportive environment.

Hybrid Training

- 3, 45 min Sessions
- \$250

This program combines the benefits of a customized workout plan with the support of one-on-one personal training to ensure proper form, accountability & progression.

Custom Program Design

- 6 Weeks, 4 Days/Week
- \$200

Take the guesswork out of your workouts! Designed for those who feel at home in the gym but want a structured exercise plan tailored just for them.

Life Center

Bootcamps

Offered on an ongoing basis members can purchase small group training packages & register for sessions that best fit their schedules.

- \$100 for 8, 45 Minute Sessions

Total Body Knockout

- Mon & Wed 5:30am, 12:05 or 5:30pm
- Fri 5:30am

This high-energy class combines kettlebells, dumbbells, resistance bands, TRX straps, body weight & more to deliver a full-body workout.

Core-Dio

- Mon, Wed & Fri 11am

A high-energy fitness class that blends cardio with core-focused exercises, strengthening your abs while boosting endurance. Perfect for all fitness levels, this workout tones your core & elevates your heart rate in a fun, challenging session.

Incinerator Circuit

- Thurs 11am
- Tues & Thurs 6pm

A fast-paced, 8-station HIIT workout combining bodyweight & kettlebell exercises. With varying intervals, you'll build strength, endurance & agility while torching calories. Get ready to sweat & push your limits!

Beginner Bootcamp

- Tues 12:05pm

A perfect introduction to small group training! Get the same fat-burning, sweaty workout as our advanced classes at a slower pace with modified movements. Ideal for beginners, actively aging adults, or those returning from injury.

Pi-Strength

- Tues & Thurs 8am

This class combines the core principles of functional strength training with pilates like movements to create a well-rounded workout that enhances stability, mobility & overall strength.

Below the Belt

- Thurs 12:05pm

An intense training class focused on toning & strengthening the lower body. Targeting the legs, glutes & hips, this workout builds power & stability, offering effective results for all fitness levels.

Core & More

- Fri 12:05pm

Experience exercises targeting the key muscles of your core, including the rectus abdominis, transverse abdominis, obliques, & erector spinae. Work on pelvic floor muscles essential for stability & overall core strength & deep glute muscles for a powerful & balanced lower body.

Compound Strength 101

- Sat 11am

Build full-body strength & stability with foundational compound lifts. This circuit-style class features five key movement performed in 60-second work intervals with 60 seconds of rest. Perfect for improving power, control & overall fitness!

REGISTER

- LC Orientation
- Life Fitness On Demand
- Body Fat Analysis & Fitness Evaluation
- Talk with a Fitness Associate for more information or to sign up.



SPECIALTY WELLNESS

Work on your wellness, build strength, stamina and endurance and improve your overall quality of life, with our specialty wellness programs! With classes and sessions designed to support specific individuals and activities available to the whole community, a wide variety of health and wellness opportunities are offered for all ages and abilities. Come in and be the change you want to see in yourself!

Alzheimer's Association 2025 Education Series

A free community program that helps inform, educate and engage individuals about living with degenerative brain disease.

- Maximum 18 participants
- Registration required
- Free & open to the community
- Wed 11:30am-12:30pm
- YMCA Skybox
- Aug 13: Dementia Conversations
- Oct 22: Healthy Living for Your Brain & Body

Primetime Wellness

Find community, keep your mind & body active & work on your wellness. Free & open to the community.

YMCA360

A free online platform for members including group fitness classes, trainer tips, recipes, family programs, senior activities and more. Watch the website for details.

Parkinson's Wellness

- Mon, Wed & Fri Advanced 1:15-2pm
- Beginner 2:05-2:50pm
- Free & Open to the Community

This is a community wellness program that addresses the daily needs of individuals living with Parkinson's disease.

MStrong!

- TBD
- Free & Open to the Community

This is a specialty wellness program designed specifically to improve the health & fitness of people living with Multiple Sclerosis.

Livestrong

- Tues & Thurs 1:30-2:45pm
- Free & Open to the Community
- Sep 2 - Nov 20 Tues & Thurs 9:30-10:45am Family Wellness
- Sept 2- Nov 20 Tues & Thurs 1:30-2:45pm YMCA

Adult Noon Basketball

Recreational pickup games free for members.

- Mon Tues Thurs & Fri
- 11am-1pm
- Johnson Gyms

Adult Pickleball

Fun & active recreational program free for members.

- Mon-Fri
- Free Play 5-7am
- Beginner 7-10am
- Intermediate 10:30am-12:30pm
- Advanced 12:30-3pm
- McDowell Gyms

Prenatal Training

Initial personal consultation & 45 minute training session:

- \$50

Additional 30 minute sessions available:

- 1 for \$30
- 2 for \$50
- 3 for \$70

Personalized program for women at any stage of their pregnancy to work one on one with a certified Pre & Post Natal Exercise Design

REGISTER

- Sept 3 - Nov 24
Mon & Wed 5:30-6:45pm
YMCA

Specialist & establish a safe & effective exercise plan to support both mom & baby's health.

This is a free wellness program that builds strength, stamina & endurance in cancer survivors.

GROUP FITNESS

You can feel the burn in a fiery BodyCombat class, relax and unwind with gentle yoga, or take a quick spin in the cycle studio. With something for all levels and abilities, our certified instructors lead hundreds of fun group fitness classes each month, at all times of day, to keep you moving, healthy and active. Group fitness classes are always free for members!



Check the mobile app & website for full schedule & class info: dozens of formats available & hundreds of sessions offered each month. Regular group fitness classes are free for members!

LEARN MORE



AQUATICS

Individuals who take swimming lessons learn much more than how to do the butterfly or backstroke. They gain valuable, life saving knowledge and skills, that will protect them while they enjoy exciting water activities and recreation. Find the fun and confidence in the water you've been looking for and sign up for swimming lessons now!

Youth Swimming Lessons

2x/Week for 4 Weeks

- Mon/Wed or Tues/Thurs
- Jul 7-31
- \$69 Members
- \$109 Non Members

4x/Week for 2 Weeks

- Mon-Thurs
- Jun 16-26
- Jul 7-17
- Jul 21-31
- \$69 Members

Private/Dual Lessons

Available Daily, \$60-\$375 Packages

Enjoy one on one or small group sessions for additional attention & better focus.

Adaptive Swim

Free for Qualifying Participants

A special swim program designed specifically for children with down syndrome, autism and sensory disorders.

Lifeguard Certifications

\$250
(+\$35 Red Cross Fee)
Next Session: Jun 13-15

Recertifications
\$150
(+\$35 Red Cross Fee)
Next Session: Jun 13

Certification fees are waived when you work for the Y!

Learn to save lives & love your job as a certified Red Cross lifeguard at the Y.

- \$109 Non Members

Learn critical water safety & swim skills in a fun, exciting & safe environment for all levels.

Parent/Child Adaptive Swim

Free for Qualifying Participants

Specialized lessons that focus on creating a supportive & inclusive environment where children & parents can develop comfort & confidence in the water while learning essential swimming & water safety skills.

REGISTER

YOUTH SPORTS

When children participate in youth sports, they do far more than develop athletic abilities. They learn the value of teamwork, sportsmanship and responsibility, on and off the court or field. Support your child in gaining self confidence by registering them for one of our great youth sports programs today!

Competitive & recreational sports programs to teach young people athletic knowledge, skills & teamwork.

REGISTER

7-8 Grade Girls Volleyball

Program

- Jul 7-Aug 14
- Mon Tues or Wed 6 or 7pm

Games Thurs 5:30pm

Register

- Jun 2-23

Fees

- \$55 Member
- \$97 Non

Itty Bitty Activities

3-5 Years
\$36 Member
\$56 Non

Soccer

- Jul 7-30
- Mon or Wed 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-Jun 30

Itty Bitty Activities

Sports

- Jul 8-29
- Tues 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-Jun 30

Baseball

- Jun 5-26
- Thurs 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-May 26
- Jul 10-31
- Thurs 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-Jun 30



YOUTH & FAMILY

Your kids don't need more toys or friends, they need more time with you! Enjoy fun and exciting family activities, including swimming in the Splash Center, climbing the bouldering wall, bouncing on the inflatable, playing volleyball or shooting hoops. Many of our family activities are free with your membership!

Child Watch

Child Watch is a fun & safe place for your kids to play with their friends while you get in a great workout! Available to members only, check out the schedule & pricing on our website.

BIOGirls

- Registration May 6
- Tues 6:30-8pm at the Y
- Jul 8 - 1st Session
- Sept 20 - Bismarck Marathon 5k (Final Event)
- Sept 23 - Final Session

Family Splash Center

With colorful water features, slides, toys, water sports & plenty of comfortable deck space, the First International Bank & Trust Family Splash Center is the perfect place to spend the day laughing & playing with your kids.

Strong Beginnings

- Ages 11-15
- \$75 for 5, 60 Min Sessions
- Jun 9-18
- Jun 7-16
- Mon & Wed 10am & 1pm

A COMMUNITY PROGRAM PROUDLY HOSTED BY THE YMCA. A 12-session program for girls grades 2-6, combining life-skills curriculum, small group mentoring & physical activity in a positive, inclusive environment.

Family Play Center

With the Learn & Grow Family Play Center "Jungle Gym" children ages toddler to 10 years enjoy slides, tunnels, ladders, lookouts, soft flooring, a toddler space & sensory components, all in a joyful jungle theme!

This program is designed to equip young members with the knowledge & skills necessary to navigate the gym safely & effectively.

REGISTER

CHILDCARE & CAMPS

When your child receives early education from the "Best of the Best" preschool and childcare programs in the area, they will learn, grow and thrive in a safe, welcoming environment. Different childcare, camp and location options are offered throughout the year, from infant to school age, so your child can experience a variety of enriching educational activities, while having fun with their friends!



Before & After School

For School Age Children

- Registration Now Open
- Aug 19-May 21
- 6:30-7:20am
- 2:20-6pm

Childcare Openings

For Infants, Toddlers & Preschoolers

Program

Summer Care & Camps

Camp Nakota

- Kids Entering 1st-7th Grade

- Based on BPS Calendar/Subject to Change

- Limited Spots Available
- 6 Weeks to 5 Years
- Full Days, Year Round

- Jun 2-Aug 8
8am-4pm
Extended Care Available 7:30-8am & 4-5:30pm

REGISTER

Contact Alyssa at
alyssa.yantzer@bismarckymc
a.org or 701-751-9706

Y Explorers

- Kids Entering 1st-4th Grade
- Jun 2-Aug 8
- 7:30am-5:30pm

Kinder Camp

- Kids Ages 4 & 5
- Jun 2-Aug 8
- 9am-12pm

CAREERS

A career at the Y is more than just a job, it's an opportunity to be a part of something more. It's the chance to bring about meaningful change, not only in your community but in yourself too. The Y offers seasonal, part-time and full-time job opportunities.



Y Employees Enjoy:

- A unique culture & employment experience unlike any other!
- Free YMCA membership
- Excellent benefits for full time (36+ hrs) and tier 1 part time (30-35 hrs)
- Fun, flexible, rewarding work environment
- Opportunities to learn, grow & advance!

Apply now and make a real impact with your work!

CHANGE LIVES INCLUDING YOURS

FEATURED JOBS

- **YMCA Lifeguards**
Next Lifeguard Certification Class June 13th-15th Free for Candidates who Work at the YMCA!
- **Youth Development Center Teaching Assistants**
*Full Time, Monday-Friday, 8 am-5 pm, 9 am-6 pm or 10:30 am-6 pm
Financial assistance benefit available that pays for up to 100% your childcare costs!*

Full Time

- Youth Development Center Teachers
- Custodian

Part Time

- Swim Instructors
- Youth Development Center Daytime Teaching Assistants
- Youth Development Center Afternoon Teaching Assistants
- Member Services Representative

APPLY



Y SERVICE ORGANIZATION

If you're looking for exciting, entertaining volunteer opportunities, where you can get on your feet, work with your hands and give back to your community in a BIG WAY, then look no further than the YMCA Service Organization! This group of enthusiastic volunteers, of all ages and abilities, work together on Y fundraising programs that support the health and wellness of youth, seniors and families, right here in Bismarck Mandan.

YSO Tents Volunteers

Help our dedicated team of volunteers set up & take down special event tents, the rental of which supports Y community wellness programs.

Visit our website for current information.

VOLUNTEER

SPECIAL EVENTS

We are always working on something special, to keep our community connected, safe and healthy. Please join us for these fun and exciting activities for a wonderful, welcoming wellness experience!



Pick a Perk

Keep your membership active for the months of May, June & July, and you'll receive a digital coupon to claim your reward in August!

Plenty of Perks!

- 3 Free Guest Passes
- \$10 Off Any Program
- 1 Free Personal Training Session

Summer Sweat Challenge

Use YMCA360 for your workout 12 times during each summer month & be automatically entered in a special series of prize drawings!

Feel the benefits of the burn!

- 1 drawing & 1 winner in May, June & July
- Winners get 1 free month of membership
- We'll track your progress you enjoy the Y360 app & your Summer Sweat Challenge

YMCA Game Night with the Bismarck Larks

- Tues Jun 3
- 6:35pm
- Tickets \$35 at the Y

Tailgate tickets include deck seating, food, drinks & fun!

Youth Triathlon

- Sat Aug 16
- 9am
- \$15 per person.

Kids enjoy an exciting & non competitive swim bike run to earn a sense of strength, pride & accomplishment!

Visit our website for current information.

LEARN MORE



FACILITIES

We work hard to give you the greatest member experience possible, by making sure our facilities and equipment are always clean and in good repair. When we are making improvements to a space, we appreciate your patience and understanding and will always do our best to provide alternatives, so you never miss out on your workout or program!

Visit our website for current information.

LEARN MORE



FAMILY WELLNESS

As a YMCA member, you also have full access to Family Wellness in Mandan. Be sure to visit their website to see all the wonderful programs and services available to you throughout our network, including additional group fitness class, training sessions, recreation and sports opportunities and much more!

Visit the Family Wellness website or see their latest newsletter for program & service information.

WEBSITE

NEWSLETTER

Connect with us on:



Missouri Valley Family YMCA
Bismarckymca.org

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