



MONTHLY MEMBER FEATURE



\$0 Joiner Fee
Sept 2-31

Commit to a healthier, happier,
stronger you with the Y. Join now!

[LEARN MORE](#)

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!



Kick Start

- 3, 45 Min Sessions
- \$100

Personal Training

Motivation, accountability, inspiration & success! A Certified Personal Trainer can give you the support you

Beginner Bootcamp

- Tues 12:05pm

A perfect introduction to small group training! Get the

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

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

REGISTER

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.

Ladies Who Lift

- Tues & Thurs
- 12:05-12:50pm
- Life Center Platforms
- 1 Session \$20
- 4 Sessions \$60
- 8 Sessions \$100

Build strength, confidence & community in this women-focused training program.

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.

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.

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.



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
- Oct 22: Healthy Living for Your Brain & Body

FOREVERWELL

Formerly Primetime Wellness this program powers adults *55+ to stay active, connected & engaged through YMCA wellness programs that support healthy aging.

Social Calendar:

- Brain Games: Wed Sept 3, 12pm East/Main Lobby
- Bingo: Wed Sept 17, 12pm Senior Social Area
- Potluck: Wed Sept 24, 12pm Senior Social Area

Lift & Learn

Learn how to safely & effectively lift weights to build stronger bones, improve balance & increase muscle tone.

- Wed Oct 8 - Healthy Moves for Diabetes Prevention

Parkinson's Wellness

- Mon, Wed 1:15-2:15pm
- Fri 1:05-2pm
- 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

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

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.

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

Adult Racquetball League

Fun & competitive sports program registration dates & rates apply.

- Sept 8-Dec
- Jan 5- Mar
- Wed Approx 8:30pm
- \$20 Members
- \$30 Non

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 Specialist & establish a safe

REGISTER

- Wed Jan 7 - Creating Healthy Eating Habits
- 10am
- \$15

& effective exercise plan to support both mom & baby's health.

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!



New Group Fitness Classes

- Starting Sept
- Cycle Express - Mon 5:45pm
- Aqua Zumba - Thurs 5:45pm

Aqua Zumba

- Tues
- 7-7:45pm
- Sept 9
- Sat
- 1-1:45pm
- Sept 6 & 13

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

New Group Fitness Formats

Somatic Flow Yoga

- Sun 11am
- Starting Sept

An energizing yoga flow blending somatic movement + breath to boost mobility, ease stiffness, and build lasting wellness!

Les Mills Core

- Tue 6:30pm
- Fri 8:45am
- Starting Oct


Power up your core with strength, stability, and serious results that take your fitness to the next level!

Fun & festive, challenging & invigorating, water based & body toning workout!

Yin Nidra Yoga

- Sun 2:30pm
- Oct 26
- Nov 23
- Dec 28
- Feb 1
- Mar 1
- April 12
- May 3

This slow, gentle form of yoga uses relaxing postures with props to encourage elongation within the connective tissues, alleviate tension & cultivate wellness.



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

Mon & Wed or Tues & Thurs 2x/Week for 4 Weeks

- Sept 3-29
- Oct 6-30
- Nov 3-Dec 4
- \$69 Members
- \$109 Non Members

Fri or Sat 1x/Week for 6 Weeks

- Sept 5-Oct 11
- Oct 24- Dec 6
- \$52 Members
- \$82 Non Members

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

REGISTER

Private/Dual Lessons

Available Daily, \$70-\$400 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.

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.

Lifeguard Certifications

\$250
(+\$35 Red Cross Fee)
Next Course: Sept 5-7

Recertifications
\$150
(+\$35 Red Cross Fee)

Certification fees are waved when you work for the Y!

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

Swim Lessons Evaluation

- Last Sat Monthly
- 9am
- Free

Let us help your child find the best swim lesson level for their skills & knowledge so they can make the most of their next session!

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.

Youth Sports

K-3rd Grade Flag Football

Program

- Sept 7-Oct 12
- Sun 1-5pm

Register

- Jul 28-Aug 25 Member
- Jul 31-Aug 25 Non

Fees

- \$55 Member
- \$97 Non

K-3rd Grade Cheerleading

Program

- Sept 7-Oct 12
- Sun 1-5pm

Register

- Jul 28-Aug 25 Member
- Jul 31-Aug 25 Non

Fees

- \$36 Member
- \$56 Non

Youth Sports

K-3rd Grade Volleyball

Program

- Sept 8-Oct 25
- Mon-Thurs 4:30, 5:30 or 6:30pm
- Games Sat

Register

- Jul 28-Aug 25 Member
- Jul 31-Aug 25 Non

Fees

- \$55 Member
- \$97 Non

4th-6th Grade Volleyball

Program

- Oct 27-Dec 13
- Mon-Thurs 4:30, 5:30 or 6:30pm
- Games Sat

Register

- Sept 15-Oct 13 Member
- Sept 18-Oct 13 Non

Fees

- \$55 Member
- \$97 Non

Itty Bitty Activities

3-5 Years
\$42 Member
\$62 Non

Volleyball

Program:

- Sept 7-28
- Sun 2:30 3:30 or 4:30pm

Register:

- Aug 11-Sept 1

Basketball

Program:

- Sept 15-Oct 7
- Mon or Tues 4:30 5:30 or 6:30pm

Register:

- Aug 11-Sept 1

Program:

- Oct 13-Nov 4
- Mon 4:30 5:30 or 6:30pm
- Tues 9 10 or 11am

Register:

- Sept 8-29

Itty Bitty Activities

Football

Program:

- Oct 5-26
- Sun 2:30 3:30 or 4:30pm

Register:

- Sept 8-29

Sports

Program:

- Nov 2-23
- Sun 2:30 3:30 or 4:30pm

Register:

- Oct 6-27

Program:

- Nov 5-26
- Wed 9 10 or 11am

Register:

- Oct 6-27

REGISTER



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.

REGISTER

Strong Beginnings

- Ages 11-15
- \$75 for 5, 60 Min Sessions
- Sept 1-10
- Sept 22-Oct 1
- Mon & Wed 4pm

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

Babysitter Training

- Ages 11-14
- \$85 Members
- \$100 Non
- Fri Sat 9am-5pm
- Sun 12-6pm
- 1 Session
- Fri Oct 17
- Sun Nov 16

Future caregivers get great training & earn a certification in AED/CRP/First Aid.

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.

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!

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!



Infant/Toddler/Pre School Care

Before & After School Care

Adventure Camp For School Age Children

We currently have limited openings available for infants, toddlers & preschool age kids. High quality care in a safe & welcoming educational environment!

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

For School Age Children

- Registration Now Open
- Aug 19-May 21
- 6:30-7:20am
- 2:20-6pm
- Based on BPS Calendar/Subject to Change

REGISTER

- Registration Open Aug 4
- Sept 22
- Oct 16 & 17
- Oct 31
- Nov 11
- Dec 26, 29, 30 & 31
- Jan 2, 5
- Jan 19
- Feb 16 & 17
- Mar 13, 16
- Apr 6
- 6:30am-6pm
- Breakfast, Lunch & Snack Included

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

- **After School Youth Leaders**
- **Youth Development Center Teaching Assistants**
- **Custodians**

APPLY

JOB OPPORTUNITIES

Full Time

- Youth Development Center Teachers
- Youth Development Center Receptionist

Part Time

- Lifeguards
- Swim Instructors
- Fitness Associates
- Youth Flag Football Officials
- Youth Cheerleading Coach
- Child Watch Caregiver
- Personal Trainer
- Member Services Representative
- Junior Chefs Instructor
- Youth Development Center Substitute Teaching Assistants



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.

Bismarck Marathon Volunteers

- Sat Sept 20
- 7:15-11:45am
- Downtown Bismarck

Join your YMCA in support of area athletes as part of a water station team along the Marathon route. Email amberrae.bernhardt@bismarckymca.org to sign up.

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!




CPR & First Aid Training

Join us for a comprehensive First Aid & CPR training session designed to empower you with the knowledge and hands-on skills to respond effectively in life-threatening situations.

- Sat 1-4pm
- Oct 25
- Jan 24
- Apr 25
- Ages 13+
- Under 16 w/Parent Only
- \$30 Per Person

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!

Pool Cleaning Closures:

- Family Splash Center - Aug 13-Sept 7

Floor Refinishing Closures:

- McDowell Gym - Aug 25-Sept 9

Facility Closure:

- Labor Day - Mon Sept 2, Open 7am-12pm

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](https://bismarckymca.org)

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