

Adult Program Guide

» Winter/Spring Season: January 1 – May 31, 2023

» YMCA of Cass and Clay Counties



YMCA OF CASS AND CLAY COUNTIES

Fercho YMCA



400 1st Ave.
S, Fargo



701.293.9622

Schlossman YMCA



4243 19th Ave.
S, Fargo



701.281.0126

Facility Hours & Schedules

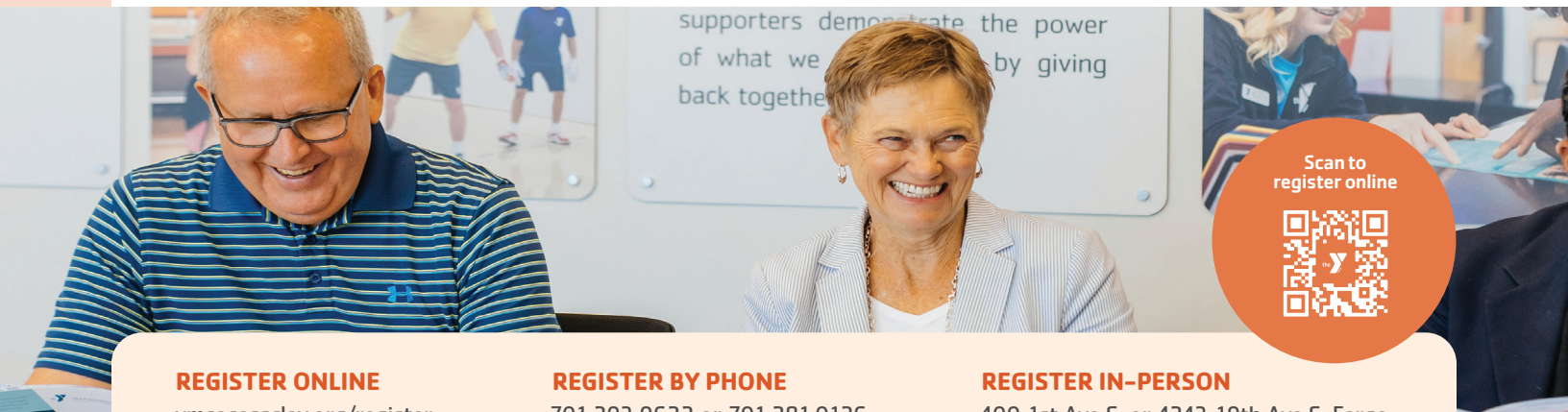


Monday – Friday 5am – 11pm
Saturday – Sunday 6am – 8pm



Scan the code to view activity area schedules,
or visit ymcacassclay.org/schedules

Activity areas close 30 minutes before facility hours. After-hours fitness center access is available at the Schlossman YMCA each day from 4:00am until open, and from close until midnight. For holiday hours, check the mobile app or visit ymcacassclay.org/hours



REGISTER ONLINE

ymcacassclay.org/register

REGISTER BY PHONE

701.293.9622 or 701.281.0126

REGISTER IN-PERSON

400 1st Ave S, or 4243 19th Ave S, Fargo

Prior to registration, be sure to visit ymcacassclay.org/policies to view our registration policies, credit/refund policies, insurance policies, and more.

Mobile App & Social Media



Scan the code to download our FREE mobile app! Scan into the YMCA, view schedules, get facility alerts, and more.



@ymcacassclay

Financial Assistance

The YMCA is for everyone! We're happy to offer financial assistance for child care, programs, camps, and membership so everyone can participate, regardless of their ability to pay. Learn more and apply: ymcacassclay.org/assistance

Join Our Team!

Looking for a job? Join our team and get a free YMCA membership, great benefits, and more! View open positions and apply online: ymcacassclay.org/jobs

Be Part of our Mission!

The YMCA is only able to fulfill our cause through the generosity of our neighbors. **There are many opportunities to be part of our mission** – like volunteering, donating to support the cause, participating in projects like the Giving Box or Mini Food Pantries, and more. Learn more and get involved: ymcacassclay.org/mission

YMCA MEMBERSHIPS

Scan to
join online



To join, stop by either YMCA location or visit ymcacassclay.org/join

If you join online, stop by the Member Services Desk and our team will be happy to get you a membership card, set up your account, and give you a tour!

Membership Categories & Rates

Monthly Rate
via automatic bank draft

Enrollment Fee
one-time contribution

Family / Household

Two adults + dependents* living in the household.

\$90

\$50

Family / Household Package

Two adults + dependents* living in the household. Includes PlayTown.

\$114

\$50

Child Care Family Package

Up to two adults + dependents* living in the household. Includes PlayTown. Exclusive to families enrolled in a YMCA Learning Center.

\$82

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Single Adult

Ages 30+

\$59

\$50

Young Adult

Ages 18 - 29

\$48

\$25

NEW LOWER FEE!

Youth

Ages 9 - 17

\$37

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Senior

Ages 65+

\$54

\$50

Virtual Membership

Valid for your entire household. Includes YMCA360 access, member discounts, facility visits, and more.

\$15

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- * "Dependents" includes individuals under the age of 25 or dependent adults. Individuals must be living at the same address and are dependent for care or financial assistance.
- A \$3 service fee will be added to your monthly draft when paying with a credit or debit card.
- You may cancel your membership at any time by filling out a cancellation form. Members who draft on the 1st of the month must cancel by the 15th of the prior month. Members who draft on the 15th of the month must cancel by the last day of the prior month.

Included in Membership — scan the code to view a video tour of our facilities!



Aquatic Center

Including six-lane lap pool, small warm water pool, and zero-depth kids' pool at the Fercho YMCA.

Fitness Centers

Including cardio equipment, strength equipment, free weights, and more! After-hours access is available at the Schlossman YMCA.

Locker Rooms

Including whirlpools (Fercho), saunas, and private changing rooms — perfect for families!

PlayTown Drop-In Child Care

Kids ages 6 weeks - 8 years can play while their parents work out! Included in package membership types, or at an additional cost.

Group Fitness Classes

Available at both facilities — like Yoga, Barre, Cycle, Zumba, BODYPUMP™ aqua classes, and more!

Gyms, Courts, and Climbing Wall

Fercho YMCA: Basketball Gym and Racquetball Courts
Schlossman YMCA: Basketball Gym and indoor Climbing Wall

Family Play Areas

Explore our interactive play spaces — the Xerzone, Play Loft, Kids' Gym, and Gymnastics Room!

Discounts on Programs, Camps, & Offerings

Swimming lessons, personal training, summer camp, fitness programs, youth programs, parties/rentals, and more!

FREE Programming & Perks

Guest passes, wellness challenges, fitness programs, member appreciation weeks, and more!

Nationwide Membership & Family Wellness Access

Access YMCAs across the country with our Nationwide Membership! Members may also visit Family Wellness, our partner facility, 12 times per year.

Student Discount

Full-time students with a Young Adult membership may provide a tuition bill or current class schedule to receive \$11 off each month!

One-Week Memberships NEW!

Access the YMCA for a whole week! \$50/person

Passes include full access to both fitness facilities.

Referral Program

Refer a friend to join the Y and you'll BOTH get 50% off your next month!

Current member must be listed on the membership form at sign-up to receive discount.

Holiday Memberships

Want to keep up your workout routine during winter break? A Holiday Membership is just \$50!

Memberships run Dec. 15 - Jan. 15! ymcacassclay.org/holiday



Access over 1,000 virtual workouts, fitness classes, kids activities, mind/body classes, wellness content, and more with **YMCA360** — included in membership!

ymcacassclay.org/360



FITNESS & SPORTS



DID YOU KNOW? We provide **over \$1 million of financial assistance** each year so that individuals and families can access the YMCA's spaces and programs regardless of their ability to pay.

PERSONAL TRAINING

Fercho & Schlossman YMCAs | Flexible scheduling! | Ages 15+

Whether you want to lose weight, improve your health, or train for an event, our experienced personal trainers can help you reach your goals while feeling results. We will create a plan around your goals, interests, and lifestyle – with cardio, strength training, and more! ymcacassclay.org/personaltraining

Personal Training Session Options

We offer tons of session options so you're sure to find something that fits your needs! Scheduling is flexible – a trainer is available every day from open to close at both YMCA locations.

One-on-One

60 MIN	Members: \$65
60 MIN	Non-Members: \$80
45 MIN	Members: \$55
45 MIN	Non-Members: \$70

Partner Training

60 MIN	Members: \$45 per person
45 MIN	Members: \$40 per person
Partner training is not available to non-members.	

Packages

12	60-minute: \$700 45-minute: \$590
8	60-minute: \$500 45-minute: \$420
5	60-minute: \$315 45-minute: \$265
Packages are not available to non-members.	

Smart Start **FREE!** Fitness Center Orientation

Whether you're a lifelong athlete, or just joined a gym for the first time, we want you to be comfortable in our facility! You'll get to know the Fitness Center, learn to use cardio/weight equipment, and get set up with 'next steps' to get you on your way to reaching your goals! ymcacassclay.org/smartstart

Fercho & Schlossman YMCAs Ages 15+

Sign up at the Member Services Desk, or call 701.293.9622

60-Minute Personal Training Consultation **FREE!**

Ready to take your fitness routine to the next level? All members get a FREE 60-Minute Personal Training Consultation! Work with a trainer to discuss your fitness needs, review your body composition, set S.M.A.R.T. goals, and determine a plan to help you level up in the gym! ymcacassclay.org/personaltraining

Fercho & Schlossman YMCAs FREE for members

Sign up at the Member Services Desk, or call 701.293.9622

Personalized Training Plans Comfortable on your own in the gym but need guidance on how and when to train? Sit down with a trainer to review your needs and preferences, and they will design a workout plan, just for you! ymcacassclay.org/trainingplans



How to Purchase

You can purchase sessions in person at the Member Services Desk or over the phone at 701.293.9622. When you purchase, you will receive a 'card' for each session, which needs to be turned in to your trainer at the time of your session.

How to Schedule

Personal Training sessions may be scheduled at the Member Services Desk, at the Fitness Desk, or over the phone: 701.293.9622. Sessions must be paid in full before you can schedule with a trainer. Sessions cannot be scheduled online.

More Options

Contact our team to learn about personal training for LIVESTRONG® at the YMCA participants, youth personal training, and more!

fitness@ymcacassclay.org
or 701.356.1453.





GROUP FITNESS CLASSES

Fercho & Schlossman YMCAs | 100+ classes per week | Ages 15+

A supportive community is a big part of wellness! No matter your interests or fitness level, you're sure to find a group fitness class that's fun, fits your schedule and keeps you moving. Classes are included in membership and offered at both YMCA locations. ymcacassclay.org/groupfitness

Group Fitness Orientations **FREE!**

We meet you exactly where you are – so you can get to where you want to go! All it takes is one first step. All YMCA members have the chance to meet with our group fitness team for a FREE orientation. We'll go over class options, choose a path that fits your schedule, and give you the confidence you need to walk into your first group fitness class. All levels welcome – learn more and schedule a session online: ymcacassclay.org/groupfitness

Class Schedules

Download our mobile app or scan the code below!

ymcacassclay.org/schedules



Group Fitness Class Guide

Our classes can be modified for any fitness level, but if you're looking for a cheat sheet, we've got you covered! Each level is listed below – and you can find descriptions for individual classes on our mobile app, or online: ymcacassclay.org/schedules



Just Getting Started

Designed for those new to fitness, or anyone who prefers to proceed with caution! Don't be fooled: you'll still work up a sweat and get a great workout.

- Hydro Conditioning
- SilverSneakers® Circuit
- SilverSneakers® Classic
- SilverSneakers® Yoga
- XaBeat
- Yoga Level I
- Zumba



Already Active

Designed for those who are already exercising a few times a week, but would like to try something new or take their fitness routine to the next level!

- BODYBALANCE™
- BODYSTEP™
- CORE™
- Cycle
- Deep Water Exercise
- WaterinMOTION®
- Yoga Level II



Exercising Regularly

Designed for experienced gym-goers who are looking for a high-intensity challenge to their strength, stamina, flexibility, power, and more!

- Adult Swim Training
- BARRE™
- BODYCOMBAT™
- BODYPUMP™
- STRONG
- Ultimate Circuit Training
- Yoga Level III

You Get More from a Group!

YMCA Group Fitness is about more than just a workout. Sure – we have certified instructors and offer a wide variety of both tried-and-true and up-and-coming formats.

But what really sets us apart is the community you'll find when you step into class. Our instructors aren't just experienced – they're also warm and welcoming. Our classes don't just get your heart pumping – they also get you plugged in to a supportive community that will keep you accountable, motivated, and excited to come to class.



WELLNESS FOR WOMEN

Women on Weights **FREE!**

This small-group class, led by a certified personal trainer, teaches lifting technique, exercises, and routines – specially designed for women! You'll learn proper weight-lifting form and how to incorporate free weights into our workouts as you boost your confidence in the gym, build strength, and more! FREE for YMCA members! Ages 14+. Learn more and register: ymcacassclay.org/wow

January 9 - February 27	Mondays	5:30 - 6:30pm	Fercho YMCA
January 10 - February 28	Tuesdays	4:30 - 5:30pm	Fercho YMCA
January 12 - March 2	Thursdays	9:00 - 10:00am	Schlossman YMCA
March 20 - May 8	Mondays	5:30 - 6:30pm	Fercho YMCA
March 28 - May 16	Tuesdays	4:30 - 5:30pm	Fercho YMCA
March 30 - May 18	Thursdays	9:00 - 10:00am	Schlossman YMCA

Winter "Best Friend" Retreat at Camp Cormorant **NEW!**

Need to recharge after the holidays? Need something to look forward to during the long winter months? Join us for a women's winter-themed retreat packed with self-care, relaxation, and lots of fun for you and your besties! Enjoy hot cocoa by the fireside, downhill sledding, snowshoeing, yoga classes, Pinterest-worthy crafts, workouts, and more on the shores of beautiful Big Cormorant Lake in Lake Park, Minnesota.

This cozy retreat is for you and your best friends to reconnect and recharge for the week ahead! Healthy meals and lodging are included. Learn more and register online: ymcacassclay.org/wellnesscamp

Questions? Contact Katelyn at katelyn.whittenburg@ymcacassclay.org

February 25 - 26	YMCA Camp Cormorant	\$299/person	Ages 21+
Bonding Time with Friends	Yoga & Fitness Classes	Winter Nature Walks	Healthy Meals
Winter-themed Crafts	Sledding & Snowshoeing	Journaling & Self-Care	and more!

Mother & Daughter Duo **FREE!**

Work up a sweat and shake up your bonding time with this fun fitness program designed just for moms and daughters! Learn how to incorporate free weights, cardio equipment, body weight, and more while having a blast – FREE for YMCA members! Ages 12+. ymcacassclay.org/duo

January 10 - February 28	Tuesdays	5:30 - 6:30pm	Fercho YMCA
January 12 - March 2	Thursdays	5:30 - 6:30pm	Schlossman YMCA
March 28 - May 16	Tuesdays	5:30 - 6:30pm	Fercho YMCA
March 30 - May 18	Thursdays	5:30 - 6:30pm	Schlossman YMCA





LIFTING CLUBS AT THE YMCA

We found your new training goal: YMCA Lifting Clubs. If your one-rep max squat, deadlift, and bench press tally up to 750+ or 1,000+ pounds – you're in the club! You'll even get a FREE t-shirt to celebrate! *Learn more at the Fitness Center Desk.*

Looking for More?

Work up a sweat and have some fun in our many activity areas! No sign-ups needed – just be sure to check out our schedules to make sure the area is open before you head to the Y!

Adult Member Basketball

Grab your friends for a pick-up game during Adult Member Basketball at the Fercho and Schlossman YMCAs!

Pickleball & Wall Ball

Get in on the action of these up-and-coming sports! Times are available in the Fercho Basketball Gym – equipment is available at the Member Services Desk.

Racquetball & Handball

Have tons of fun with these fast-paced sports! Racquetball/Handball courts are available at the Fercho YMCA, and equipment is available at the Member Services Desk.

Indoor Rock Climbing

Reach new heights! Open climb is available in our 32' climbing wall at the Schlossman YMCA.



SPORTS & MORE

Golf Performance Training

Improve your game and play pain-free all season long! We'll work on flexibility, stability, and rotational power with golf-specific exercises to get your best swing and decrease your risk for injury. ymcacassclay.org/golf

February 15 – April 5	Wednesdays	Members: \$200
Schlossman YMCA	12:00 – 1:00pm	Non-Members: \$300

Personal Run Coaching

Running a 5k, half marathon, or marathon? Improve race times and running form, run longer distances, work through injuries, and prepare for race day! ymcacassclay.org/runcoaching
Contact Chans to learn more or schedule: 701.356.1453 or fitness@ymcacassclay.org

Intro to Belay Gain the skills needed to safely climb/belay on your own: climbing commands, controlling the ropes for your partner, how to tie climbing knots, and more! ymcacassclay.org/climbing *After this one-time class, participants must come back for a certification test after a minimum of 24 hours. Questions? Contact Ali: programs@ymcacassclay.org*

Thursdays	7:30 – 8:45pm	Schlossman YMCA	Members: \$8	Non-Members: \$12
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One-Time Form Check

Take a hands-on approach to evaluating your form: squat, bench press, deadlift, power cleans, and more! Get 90min. of one-on-one attention with a trainer to focus on lifts of your choice. Break through sticking points and improve your lifting technique! *To learn more or to schedule your session, contact our team at fitness@ymcacassclay.org*

Lazyman Ironman: March 1 – 31

The Lazyman Ironman is a triathlon challenge just for YMCA members! Complete a full or half Ironman by swimming, biking, and running your way to the finish line – at your own pace and in your own time. Log your mileage on a personal tracker – and on the leaderboards at the Y for some friendly competition! \$35/person. ymcacassclay.org/lazyman

Full Ironman: Swim 2.4 miles | Bike 112 miles | Run 26.2 miles

Half Ironman: Swim 1.2 miles | Bike 56 miles | Run 13.1 miles

Walking, elliptical, stationary biking, and group fitness classes also count towards mileage!



SWIMMING & AQUATICS

Water Comfort & Confidence for Adults **FREE!**

New to water? This one-time event is for adults who are looking to increase their confidence in the water. Experienced instructors will teach skills like entering/exiting the pool, keeping your balance and regaining footing in the water, front and back floating, kicking on your back, kicking on your front with face in the water, and more. FREE and open to the community! ymcacassclay.org/events

Saturday, April 1	2:00 - 4:00pm	Fercho YMCA	FREE and open to the community!
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Adult Swimming Lessons

Overcome fear of the water, gain comfort in the pool, learn swim strokes, or improve your technique! Participants swim once per week for 30 minutes at the Fercho YMCA. Ages 15+. Private and adaptive options available. ymcacassclay.org/swimschool

Sessions	Winter: January 9 - March 11	Spring: March 20 - May 13
Available Days	Wednesdays, 6:30pm, Thursdays, 5:30pm, or Saturdays, 11:00am	
Prices	Winter - Members: \$90, Non-Members: \$180	Spring - Members: \$80, Non-Members: \$160
Registration	Member registration opens November 21. Non-member registration opens November 28.	

Adult Swim Training

Includes in-water exercises, interval swimming, and dry-land, body weight exercises for a full-body workout. Designed for triathletes or those wanting a challenge – but all levels are welcome! Free for members – bring a friend using a guest pass! ymcacassclay.org/aquatics

Wednesdays, 6:00 - 7:00am	Fercho YMCA	Ages 15+
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50 and 300 Mile Swim Challenges

Looking for a fun lap swim challenge? Swim 50 or 300 miles in the Lap Pool at the Fercho YMCA and earn a t-shirt for reaching each target! Go at your own pace and record your miles along the way – you can start whenever you'd like!

Please notify an Aquatics Staff once you've reached a target. Swim Challenges are for ages 15+.

Lap Swim Foundations **FREE!**

New to lap swim? Learn lap swim basics, lane sharing, how to use the lap swim equipment, and get started on a lap swim workout – FREE for members! Ages 15+.

- Mondays
- 12:00 - 12:45pm
- Fercho YMCA

Water Exercise Classes

Water Exercise Classes are a great way to stay active, tone up and get in shape – and with the ease and reduced impact of the water, people of all ages, and abilities can get a great workout! Classes include Aqua Zumba, Deep Water Exercise, WaterInMOTION, and more! *View our Aquatic Center schedule for class times and details: ymcacassclay.org/schedules*



HEALTH & WELLNESS



DID YOU KNOW? Every year, we serve **over 30,000 individuals** through membership, programs, and services.

Active Older Adults - Exercise program for ages 50+ **FREE!**

Active Older Adults is a FREE 8-week program to help improve your strength, balance, flexibility, mobility, and more! Gain comfort in the Fitness Center through slow, thorough explanations of the equipment, and work up a sweat with small group workouts, cardio exercise, strength training, and more. ymcacassclay.org/aoa

Monday & Wednesday	January 9 – March 1
Fercho YMCA, 9:00 – 9:45am	March 27 – May 17

Winter Weight Loss Challenge

Want to make lifestyle changes through weight loss? Join our self-led challenge! A personal trainer will help you map out a plan to reach your goals – join with friends for extra accountability! ymcacassclay.org/weightloss

Challenge includes three InBody assessments, one consultation with a personal trainer, one 60-min. personal training session, and weekly emails with workout ideas, healthy recipes, and more!

January 1 – March 31	\$35/person	Ages 15+
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Motivated by competition? The six participants with the greatest change in body composition will win a prize!

LIVESTRONG® at the YMCA **FREE!**

Cancer survivors – regain your strength and improve overall fitness! You'll work with a cancer specialist to base your exercises on your cancer type as you explore the Fitness Center, Group Fitness classes, and more! FREE for members and non-members! ymcacassclay.org/livestrong

Participants receive a single YMCA membership during the program. Learn more or register: fitness@ymcacassclay.org or 701.356.1447

January 10 – March 30	Tuesday & Thursday
Schlossman YMCA	5:00 – 6:30pm

Exercise is Medicine®

Experts agree – physical activity promotes optimal health and is integral in the prevention and treatment of many medical conditions. This class will improve your health through evidence-based strategies – like physical activity and healthy eating – that can prevent, treat, and even reverse chronic diseases. ymcacassclay.org/eim

Program is FREE with a Sanford referral, or \$100 without a referral. To learn more about available options, contact our team at 701.356.1453 or fitness@ymcacassclay.org

InBody Composition Assessments Trusted by top hospitals and professional sports teams, InBody assessments go 'beyond the scale' to provide a complete breakdown of your body composition in just 15 minutes. Get a greater understanding of your body fat percentage, skeletal muscle mass, basal metabolic rate, body fat distribution, total body water, and more! Members: \$17/scan, Non-Members: \$47/scan. Learn more online: ymcacassclay.org/inbody



MORE TO EXPLORE



DID YOU KNOW? Every year, we teach **over 500 individuals** important safety skills through our Safety Education programming – equipping them to potentially save a life.

COMMUNITY OUTREACH

Mini Food Pantries

Take what you need, give what you can! The 'Mini Pantry' movement is a national, crowd-sourced solution to meet community needs. Our YMCA hosts three local pantries for our neighbors to give and take as they wish. Items include non-perishable foods, like canned goods and boxed dinners, as well as small items, like hats, mittens, socks, hygiene items, and more. ymcacassclay.org/pantry

YMCA Pantry Locations:	Fercho YMCA	Schlossman YMCA	West Fargo Early Learning Center
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Giving Box Project Our Giving Box Project aims to take a small burden off of those who may find themselves in a challenging spot. Each month, we ask you to rally together and donate items to our neighbors in need. ymcacassclay.org/givingbox

December: Items for the Christmas Giving Tree	January: Personal hygiene items
February: Summer toys and play items	March: Summer clothes and essentials
April: Winter gear and warm clothes	May: Non-perishable food items

SAFETY EDUCATION

CPR/AED & First Aid

Learn to care for first aid, breathing, and cardiac emergencies. Course includes an American Red Cross Adult and Pediatric CPR/AED and First Aid certification. Hybrid and in-person formats available. View dates online. ymcacassclay.org/safety

Fercho YMCA	Ages 15+
Members: \$65	Non-Members: \$103

Lifeguarding Course

This American Red Cross course provides the knowledge and skills needed to prevent and respond to emergencies, injuries, and sudden illnesses until emergency medical personnel take over. ymcacassclay.org/safety

Course includes a Lifeguarding certification and a First Aid/CPR/AED certification, making you eligible to work for the YMCA as a lifeguard! Plus, if you work for the YMCA, we'll reimburse the cost of the class!

January 6 - 8	February 24 - 26	March 24 - 26
April 21 - 23	May 5 - 7	May 19 - 21
Fercho YMCA	Members: \$180	Non-Members: \$220

Lifeguard Recertifications

This course is for American Red Cross certified Lifeguards who need to renew their Lifeguarding/First Aid certifications. Participants will take the written Lifeguarding/First Aid test, and perform all skills learned in a Lifeguarding class. Members: \$75, Non-Members: \$85. ymcacassclay.org/safety

January 22	February 12	March 5	April 2	May 20	Fercho YMCA	8:00am - 5:00 pm
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Senior Meal Program

Join us for a healthy lunch at the YMCA! Take it 'to go' or stay to enjoy your meal with other seniors in our community. Free will donation, and open to all - no registration required.

- Fercho YMCA: Mon - Fri
- Schlossman YMCA: Mon, Wed, Fri
- 11:00am - 12:00pm

Individuals age 60+ and their spouse of any age are eligible to participate. Suggested donation: \$4/meal. Provided in partnership with Valley Senior Services, a subsidiary of the Fargo Park District.

Private Group Safety Education

Private classes are a great option for groups of 6 or more people, like businesses, scout groups, church groups, and more - who want to take a class together!

Classes can be held at the YMCA, or we can come to you! Options include CPR/AED & First Aid, Babysitting Trainings, and more!

ymcacassclay.org/safety



EVENTS & MORE

Meet the Trainer Days **FREE!**

Questions about your fitness routine? Need help getting started with a workout plan or weight loss strategy? Meet our trainers and see how we can help you achieve your health and wellness goals! No registration required! ymcacassclay.org/events

Fercho YMCA: January 7	8:00am - 2:00pm
Schlossman YMCA: January 14	FREE for members!

Adulting 101 - Financial Series **FREE!**

Learn life skills in this fun series, FREE and open to the community! Intended for young adults, but all ages are welcome! ymcacassclay.org/adulting

Fercho YMCA	6:00 - 7:30pm	No registration required!
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January 17: Financial Fundamentals

Learn basics like setting up a bank account, creating a personal budget, saving money, filing taxes, and more.

January 24: Debt, Loans, and Investing

Learn about credit cards, car payments, student loans, and more! We'll give you the tools you need to manage debt and begin investing for retirement.

Candlelight Yoga

Practiced in the gentle glow of candlelight, this all-levels class will help you unwind and chill out! No registration required. Proceeds benefit **LIVESTRONG®** at the YMCA. ymcacassclay.org/events

January 6	February 3	March 3	April 6
Fercho YMCA	7:00 - 8:00pm	Free will donation	

Financial Peace University **NEW!**

Financial Peace University (FPU) is a nine-lesson course that teaches you how to save for emergencies, pay off debt, spend wisely, and invest for your future! Each class will include a video lesson and a group discussion as we work to learn financial literacy skills and develop a personal financial plan using Dave Ramsey's proven method. ymcacassclay.org/fpu

February 7 - April 4	Tuesdays, 6:00 - 7:30pm
Fercho YMCA	Members: \$36, Non-Members: \$45

Participants receive a hardcover workbook and an 'envelope system' wallet.

Stay up-to-date with all YMCA events! Scan the code, visit ymcacassclay.org/events, or follow our Facebook page: [@ymcacassclay](https://www.facebook.com/ymcacassclay)





Get Started

It's as easy as 1, 2, 3!

- 1) Visit ymca360.org, or download the app on your smartphone or smart TV.
- 2) Enter your zip code and choose either the Fercho or Schlossman YMCA. Full YMCA360 access is available at both locations.
- 3) Type in your email address, YMCA Member ID number, and the verification code that will be emailed to you. That's it – you're ready to explore!

YMCA360 – VIRTUAL PLATFORM

1,000+ online workouts, fitness classes & more | Included in a YMCA membership

Access livestream and on-demand opportunities to work out, play, and learn with YMCA360, our virtual platform! Fresh content is published every week, so there's always something new to explore – and you can stay plugged in on the go with the web, mobile, and smart TV apps! ymcacassclay.org/360

Workouts & Fitness

- Strength training – HIIT, weight lifting, bootcamp, functional strength, personal training sessions, and more!
- Cardio workouts – cycle, boxing, swimming, circuits, dance fitness, water fitness, step, and more!
- Curated playlists for full body, upper body, lower body, and core
- Mind/body classes – like yoga, Pilates, barre, and tai chi
- Instructional content on fitness basics, form, and equipment
- and more!

Health & Wellness

- Specialty content for seniors, cancer survivors, Parkinson's, and heart health
- Nutrition and healthy cooking tutorials
- Educational resources on accountability, motivation, workplace wellness, and more
- Mindfulness and guided meditations
- Mobility and recovery
- and more!

Plus – tons of youth and family content, like kids fitness classes, STEM and art projects, sports skills, toddler activities, and more!

Mobile Apps & More

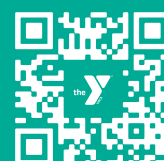
Mobile apps are available on the Apple App Store and the Google Play Store – just search “YMCA360.” Smart TV apps are available on AppleTV, Roku, and AndroidTV, with more platforms coming soon.



Not a YMCA Member?

You can get a Virtual Plus membership for just \$15/month for your whole family! Includes full access to YMCA360, facility visits, member discounts, and more! Learn more: ymcacassclay.org/join

Scan to download!





New Year's Kickoff **Fercho YMCA | 6am – 8pm | January 1, 2023**

Join us for your first workout of 2023 – and kick off your year on the right foot! All day, we'll have tons of fun activities happening at the YMCA to help you jumpstart your New Year's resolutions, freshen up your fitness routine, and re-commit to your health and wellness goals!

Plus, the whole family can get in on the fun – we'll have kid-friendly activities, open play time in our Gymnastics Room, and the Wibit, our giant obstacle course, will be set up in the Aquatic Center! [**ymcacassclay.org/events**](https://ymcacassclay.org/events)

Door prizes & giveaways
Goal-setting & workout ideas
Specialty fitness classes
Bring a friend for FREE!

Kid-friendly activities
Open Gymnastics Room from 2 – 5pm
Wibit in the Aquatic Center from 2 – 5pm
and so much more!



Join the YMCA on
New Year's Day and pay
no enrollment fee – a
savings of up to **\$50!**



YMCA of Cass and Clay Counties

Fercho YMCA: 400 1st Ave. S, Fargo | Schlossman YMCA: 4243 19th Ave. S, Fargo | [**ymcacassclay.org**](https://ymcacassclay.org)