



Are you sticking with your goals, Tia?

If you made some fitness resolutions this year, we are here for you! We have everything you need to get on track! From fitness classes, cardio & weight areas, basketball gyms, swimming, and more! But we have lots of NEW things coming soon, like some new equipment and new virtual fitness classes with Les Mills!

Also, if you need an extra boost keeping up with your fitness goals (and want a chance to win prizes too) our Commit to Fit challenge is in full swing to ensure you stay on track to a healthier you! Check out more info about that below!



LES MILLS LAUNCH WEEK
Out with the old, in with the new! We have a new virtual workout system! Check out all the classes during our Launch Week starting Feb 4!
[MORE INFO](#)



SPLASH, SPIN, & DASH
Kids and adults of all skill levels will swim, bike, and run around the Y in our Indoor Sprint Triathlon on February 16!
[MORE INFO](#)



NEW EQUIPMENT
We will be receiving new equipment within the next few months! Keep watching the free weight floor for new benches and more!!
[MORE INFO](#)



EATING HEALTHY
With so much information and so little time to plan and prepare, it can seem that eating healthy with your family is a nearly impossible task in today's world. Fear not. There are simple steps that even the busiest families can take in order to increase the number of healthy food and drink habits they build into each day. [Continue Reading >>>](#)

[EATING HEALTHY QUICK START KIT](#)

COMMIT to FIT

A NEW YEAR'S MEMBER CHALLENGE

1

Commit to a Fitness Tier at the Front Desk for \$5

CASUAL

2-3 DAYS PER WEEK

ADVANCED

4-5 DAYS PER WEEK

ULTIMATE

6-7 DAYS PER WEEK

2

Come to the Y and exercise for at least 30mins from January 1 - March 2. Try to reach your committed days each week!

3

Each time you reach your goal your name will be entered into the prize drawings!

4

If you complete all 9 weeks, you get additional entries put in according to your tier:

CASUAL

2 entries

ADVANCED

4 entries

ULTIMATE

6 entries

New year, New you. Commit yourself to exercising at the Y a certain number of days per week. Each week you meet your goal, you will be entered into the the prize drawings at the end of the challenge!

[REGISTER](#)



Mark your calendars for MARCH 5! We are having another blood drive! Our area is in short supply for blood and we need YOU! Will you donate?

[BOOK AN APPOINTMENT](#)



CPR & LIFEGUARD COURSES COMING UP

Feb 2 - Lifeguard Re-certification



UPCOMING EVENTS

Triangle Y Camp Registration
Jan 1 - July 21, 2019

Sign up your child for resident camp out by scenic Lake Sakakawea! They will have an experience that lasts a lifetime!

[REGISTER](#)

Kinder & Day Camp Registration
Jan 1 - Aug 4, 2019

Register your 3-11 year old in Kinder or Day camp! All the fun of camp but have them home at the end of the day!

[REGISTER](#)

3-6 Grade Girls Basketball League Registration
Jan 1 - Feb 4, 2019

Sign your child up for youth basketball league. Players will learn the basics of basketball. Season is from February 23 - March 30, 2019

[REGISTER](#)

3-6 Grade Boys Basketball League Registration
Feb 11 - Mar 18, 2019

Sign your child up for youth basketball league. Players will learn the basics of basketball. Season is from April 6 - May 11, 2019

[MORE INFO](#)

Commit to Fit Challenge
Jan 1-Mar 2, 2019

Stick with your New Year's resolution with a commitment to working out a set amount of days per week! Reach your weekly goal & get entered in to win some sweet prizes!

[REGISTER](#)

Karen Groninger Memorial Girls Basketball Tourney
Feb 2, 2019

This tournament is for 3rd-6th grade girls, hosted in memory of Karen Groninger. Registration deadline is January 18.

[MORE INFO](#)

Winter I Swim Lesson Registration
Jan 28 - Feb 2, 2019

Register for swim lessons for all ages! Lessons run Feb 4 - Mar 9, 2019

[REGISTER](#)

Silver Sneakers Brunch
Feb 12, 2019

Join us after Silver Sneakers class at 10:30 for brunch and fun with friends!

Karen Groninger Memorial Boys Basketball Tourney
Mar 9, 2019

This tournament is for 3rd-6th grade boys, hosted in memory of Karen Groninger. Registration deadline is February 22.

Feb 10 - CPR Certification

March 15-17 - Lifeguard Certification

March 24 - Lifeguard Re-Certification

April 7 - CPR Certification

April 26-28 - Lifeguard Certification

[REGISTER](#)



WE MADE THE FIRST CUT

Each year the Y of USA hosts a General Assembly, which is the Y’s premier leadership development conference designed to connect, educate, and inspire YMCA staff and volunteers around the US.

This year they are holding a competition for a YMCA to have the opportunity to share their story of impact at the General Assembly.

We shared our story of the creation, implementation, and success of our adaptive programming within the last year. We partnered with many local organizations to empower everyone, regardless of their skills or diverse abilities, to swim, play basketball, or even compete in a triathlon.

We are happy to announce that we have officially made the first cut and are moving on to the next round for further consideration to be featured at the General Assembly.

Want to be featured
in our next newsletter?

[EMAIL US](#)

Be featured in **Member Spotlight** or get
all your fitness questions answered in our
Ask the Trainer column!



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[Manage Email Preferences](#)

[MORE INFO](#)

BE THE
CHANGE

VOLUNTEER &
MAKE THE DIFFERENCE

We are in need of volunteers to help with our Splash, Spin, & Dash indoor Sprint Triathlon on Feb 16 starting at 10:45AM!

Opportunities include timers, lap counters, room monitors floaters, etc.

If you want more info or have questions click the button below to contact our Physical Director!

[I WANT TO VOLUNTEER](#)