



# FAMILY WELLNESS

FARGO, ND

## ***A Partnership between Sanford Health and the YMCA of Cass and Clay Counties***

This facility is a partnership between the local YMCA and Sanford Health and is focused on providing services for families and individuals who are seeking a healthier, more active lifestyle. The 81,000 SF wellness center includes a cardio and weight machine area, two racquetball courts, two group exercise rooms, cycling studio, two-court gymnasium, childcare/youth spaces including gymnasium and multi-purpose room, locker rooms, recreational pool, multi-purpose/party room, three-lane indoor track, wellness education classrooms, and demonstration kitchen.

The building is founded upon a conventional cast in place concrete spread footing foundation walls .

The substructure is constructed with a structural steel frame that supports steel beams and concrete slab on metal decking for the floor system and steel joists and decking for the roof. An elevated running track is suspended from the roof joists with a steel pipe hanger and steel tube beams.

**Project Size:** 81,000 SF

**Completion Date:** 2001

**Project Cost:** \$11 Million

### **Similar Projects:**

Wellness Center-University of North Dakota  
Two Rivers Activity Center  
Wellness Center-University of Minnesota Crookston  
Williston Arena Recreation Center



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(701) 280-0949