



Nicholas Henkelman

Health & Fitness Director

Nick oversees all aspects of the Touchmark Health & Fitness Club, which serves residents throughout the Bismarck-Mandan area as well as people living at Touchmark on West Century. He also is responsible for health and fitness and injury prevention programming for Touchmark residents and team members.

Prior to assuming the role of director, Nick served as a Personal Trainer and Group Fitness Instructor with the Club. Before that, he worked as a Certified Fitness Trainer and in sales at 2nd Wind Exercise Equipment in St. Cloud, Minnesota, and Fargo. He also was the Sales Manager and Personal Trainer at Anytime Fitness in Willmar, Minn., as well as a Basketball Coach at Holy Redeemer Middle School in Marshall, Minnesota.

Nick is a Certified Personal Trainer through the American College of Sports Medicine and a Certified Functional Aging Specialist through the Functional Aging Institute. His specialties include low-impact cardio training, weight training, and exercise-ball fitness. He also is certified by the American Heart Association in CPR, AED, and first aid.

Nick holds a Bachelor of Science in Physical Education/Sports Management with minors in Business Administration and Coaching from Southwest Minnesota State University.

Away from work, Nick enjoys spending time with his family, running, rollerblading, playing sports (football, basketball, baseball, softball, tennis, and volleyball), swimming, fishing, and hunting. He also enjoys spending time at the lake or river.