



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023 YMCA of TUSCALOOSA

COMMUNITY OPEN DOORS

WELLNESS WEEK - Nov. 27th - Dec. 2nd

COACHING SESSIONS

Hybrid Fitness Sessions

Monday, Nov. 27th @ 8:30am - 9:30am & 4:30pm - 5:30pm

Tuesday, Nov. 28th @ 3:30pm - 4:30pm & 5:30pm - 6:30pm

Thursday, Nov. 30th @ 8:30am - 9:30am & 4:30pm - 5:30pm

Friday, Dec. 1st @ 3:30pm - 4:30pm & 5:30pm - 6:30pm

Step into the future of fitness with our Hybrid Fitness Coaching Sessions, where the best of strength and conditioning collide in a dynamic showcase of hybrid workouts. This session is designed for individuals seeking a well rounded and efficient approach to fitness that seamlessly combines the benefits of various training modalities. Join us for an exhilarating experience that blurs the lines between strength cardio, and flexibility, ensuring a comprehensive and engaging fitness journey.

Bench Press Sessions

Monday, Nov. 27th

11:00am - 12:00pm, 1:00pm - 2:00pm, 3:00pm - 4:00pm

Unlock the secrets to a stronger, more defined upper body as we present our Bench Press Coaching Sessions. An interactive and informative demonstration designed for fitness enthusiasts of all levels. Whether you are a beginner looking to start your weightlifting journey or an experienced lifter aiming to refine your technique, join us for this hands on session where our expert trainers will guide you through the nuances of the bench press.



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Glute Training Sessions

Tuesday, Nov. 28th

11:00am - 12:00pm, 1:00pm - 2:00pm, 3:00pm - 4:00pm

Unlock the secret to strong, sculpted glutes with our Glute Training Coaching Sessions, a dynamic and engaging session designed to help you achieve stronger more sculpted glutes. Whether you are a fitness enthusiast looking to enhance your lower body strength or a beginner eager to learn effective glute exercises, join us for engaging sessions led by our expert trainers.

Matrix Performance Series Sessions

Tuesday, Nov. 28th

11:00am - 12:00pm, 1:00pm - 2:00pm, 3:00pm - 4:00pm

Thursday, Nov. 30th

11:00am - 12:00pm, 1:00pm - 2:00pm, 3:00pm - 4:00pm

The matrix Performance Series Cardio Equipment Coaching Sessions are a dynamic and engaging presentation showcasing the cutting-edge features and superior functionality of Matrix's state-of-the-art cardio equipment. These sessions are designed to provide a comprehensive overview of the Performance Series, highlighting its innovative technology, sleek design, and advanced performance capabilities.



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Blood Pressure Self Monitoring (BPSM) Sessions

Wednesday, Nov. 29th

11:00am - 12:00pm, 1:00pm - 2:00pm, 3:00pm - 4:00pm

Join us for informative and interactive BPSM Coaching Sessions, where we empower you to take control of your cardiovascular health. Understanding and managing your blood pressure is crucial for maintaining a healthy lifestyle, and we're here to guide you through the process.

Parkinsons Wellness Program Demonstration

Monday, Nov. 27th @ 9:30am - 10:20am

Tuesday, Nov. 28th @ 9:30am - 10:20am

Wednesday, Nov. 29th @ 9:30am - 10:20am

Thursday, Nov. 30th @ 9:30am - 10:20am

Friday, Dec. 1st @ 10:30am - 11:20am

Join us for an inspiring demonstration of our Parkinsons Wellness Program, designed to empower individuals living with Parkinson's Disease. This unique program combines the therapeutic benefits of exercise with a supportive community, fostering physical and mental wellbeing.



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Steps toward Wellness Sessions

Wednesday, Nov. 29th

7:30am - 8:00am, 12:00pm - 12:30pm, 4:30pm - 5:00pm

Embark on a journey towards better health with our Steps Toward Wellness Walking Program Sessions. Join us for an engaging and informative sessions where we showcase the transformative benefits of walking for overall well-being.

Squat Sessions

Thursday, Nov. 30th

11:00am - 12:00pm, 1:00pm - 2:00pm, 3:00pm - 4:00pm

Get ready to elevate your fitness routine with our Squat Coaching sessions! Squats are a fundamental, foundational exercise that can transform your strength, stability, and overall body functionality. Join us for an engaging session where our experienced trainers break down the mechanics of a perfect squat and guide you towards mastering this essential movement.

Deadlift Sessions

Friday, Dec. 1st

11:00am - 12:00pm, 1:00pm - 2:00pm, 3:00pm - 4:00pm

Join us for a series of comprehensive Deadlift Coaching Sessions, designed to unleash the full potential of one of the most effective compound exercises. Led by our expert trainers, these hands on sessions are perfect for anyone looking to build strength, enhance muscle development, and refine their deadlifting technique. Whether you are a seasoned lifter or a beginner these sessions are are your gateway to mastering the art of the deadlift.