



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023 YMCA of TUSCALOOSA

COMMUNITY OPEN DOORS

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

The YMCA of Tuscaloosa is thrilled to present the 2023 YMCA Community Opens Doors Wellness Week!

A week long celebration dedicated to fostering holistic well-being within our community. This event is designed to inspire individuals and families to prioritize their health, connect with others, and discover the wealth of resources available for a balanced and fulfilling life.

NO JOIN FEE DURING THE CELEBRATION

**AWARENESS & EDUCATION
CHRONIC DISEASE PREVENTION
NUTRITION
FITNESS ASSESSMENTS**

**CORPORATE WELLNESS
LIFESTYLE INFORMATION
DEMONSTRATIONS & ACTIVITIES
COMMUNITY EVENTS**

THE YMCA of TUSCALOOSA

2300 13th St, Tuscaloosa, AL 35401

YMCATUSCALOOSA.ORG



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COMMUNITY EVENTS

Moves, Beats & Eats: Monday, November 27th @ 6:30-8:30pm

A night of pure fun and excitement. It's an evening designed for families, friends, and community members to come together, unwind, and engage in a variety of entertaining activities. Join us as we transform our space into a hub of joy and playfulness.

Merry Thanksmas: Wednesday, November 29th @ 6:30pm - 8:30pm

The most wonderful time of the year just got even more magical! Join us for our Merry ThanksMas Celebration - an extraordinary blend of merriment, thanksgiving, and Christmas cheer. It is a joyous occasion to gather with freinds, family, and neighbors to celebrate the blessings of the past, present, and festive season ahead.

Community Open Door Resource Fair: Friday, December @ 6:30pm - 8:30pm

Join us for a day of inspiration, education, and empowerment at The YMCA Community Open Door Resource Fair - a vibrant celebration of health and well-being for the entire community. This exciting event is designed to connect you with the tools, resources, and knowledge you need to embark on your journey towards a healthier and happier life.



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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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COACHING SESSIONS

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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COACHING SESSIONS

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.



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Seminars

Fitness Matters: Intro to Exercise Essentials

Monday, Nov. 27th @5:30pm - 6:30pm

Whether you're new to exercise or looking to restart your fitness routine, this engaging and informative event is tailored just for you. Join us as we demystify the world of fitness, provide essential guidance, and inspire you to take those crucial first steps towards a healthier and more active lifestyle.

Nutrition Matters: The Art of Eating Well

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

Join us for an enlightening and interactive seminar designed to demystify the world of nutrition, providing practical tips, and empowering you to make informed choices that will positively impact your health. Discover the joy of eating well and learn how simple changes to your diet can lead to a lifetime of vitality

Balance Matters: A Seminar on Work Life Harmony

Wednesday, Nov. 29th @ 5:30pm - 6:30pm

Join us for Balance Matters: A Seminar on Work Life Balance, where we delve into the art of balancing professional demands with personal well-being. In this enlightening session, participants will discover practical strategies and mindset shifts to foster sustainable work life balance, leading to increased satisfaction, productivity, and overall fulfillment.



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Seminars

Work Well: Corporate Wellness Opportunities at The YMCA

Thursday, Nov. 30th @ 5:30pm - 6:30pm

Join us for Work Well: Corporate Wellness Opportunities at The YMCA, an enlightening session dedicated to equipping you with the knowledge and tools necessary to foster a culture of well-being within your organization. In this comprehensive seminar, we'll explore the various facets of corporate wellness, from understanding its impact on employee engagement to implementing practical strategies that promote a healthier and more productive workplace.

Mind Matters: Nurturing Mental Health & Well Being

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

Step into the world of understanding, support, and empowerment at our Mental Health Seminar. In an era where mental health well-being is paramount, this seminar is designed to provide knowledge, resources, and a sense of community to those seeing to prioritize and enhance their mental health. Join us for a day of insightful discussion, practical strategies, and a collective journey towards mental wellness.