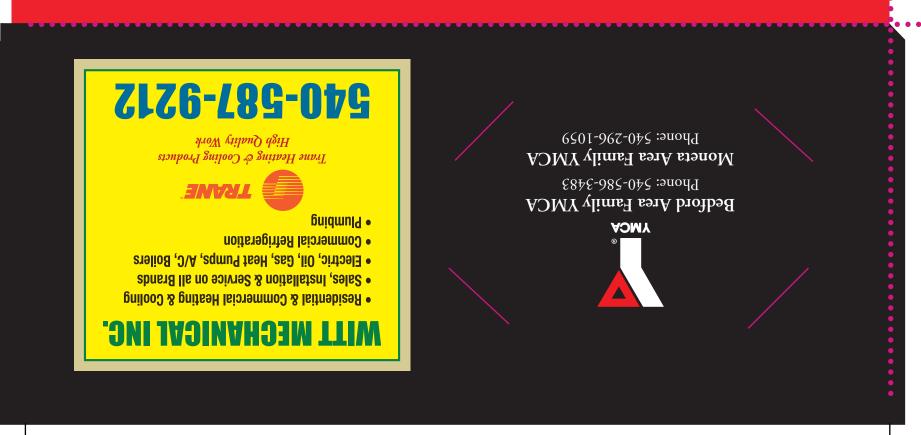


INFINITY GRAPHICS





Lynchburg: (434) 528-1520 or (434) 528-1246 Bedford: (540) 587-8870 CPA Fax: (434) 528-1249 OR (434) 528-3496

Business Builders, LLC

540-587-4056 • P. O. Box 668 • Bedford, VA 24523 • USA www.businessbuildersad.com • Email: info@businessbuildersad.com © 20078 Business Builders, LLC. • Unauthorized duplication prohibited.



Bedford Area Family YMCA 1111 Turnpike Rd. • P.O. Box 1026 Bedford, VA 24523 Phone: 540-586-3483 Fax: 540-587-5310







Moneta Area Family YMCA 1039 Mayberry Crossing Dr. Moneta, VA 24121 Phone: 540-296-1059 Fax: 540-296-1063



www.BedfordYMCA.org

LETTER SIZED FOLDER NO LEFT SIDE POCKET





Will Cut To Your Size **CARPET BINDING** Verticals & Mini Blinds 20% Off Oriental Rugs Save 20 - 50% on mill direct carpet

LAMINATES • HARDWOOD **PAINT/SUPPLIES • WALL COVERING ORIENTAL & AREA RUGS • CERAMIC TILE**

540-586-0841 • 1029 Turnpike Rd. • Suite E

Stellar**One**

Excellence. Partnership. Service.

888.785.5271 www.stellarone.com

LETTER SIZED FOLDER NO LEFT SIDE POCKET

HOURS OF OPERATION

Bedford Area Family YMCA Facility

(6:00 AM – 9:00 PM
(6:00 AM – 7:00 PM
(9:00 AM – 5:00 PM
	12:00 PM - 5:00 PM

Monday - Thursday

Friday

Saturday

Sunday

• Free Weight Room

YOUTH PROGRAMS

• Youth Basketball

ADULT PROGRAMS

Kick Boxing

Indoor Soccer

• Water Aerobics

Spin Class

• Aerobics

• Soccer Fields

• Nursery

State-of-the-Art Health & Wellness Center Indoor Heated Swimming Pool, Spa, and Sauna • 12,000 square foot Gymnasium

• High Ropes Course with a 45' Climbing Tower & Team Building Course • Teen Fitness/Recreation Area

Outdoor Basketball/Sport Court & Pavilion

•	Before & After School Child Care at 8 Sites
٠	Summer Day Camp at 5 Sites
٠	All-Day Preschool/Childcare Program
٠	Swim Lessons & Swim Team
٠	Recreational Swimming

 Soccer & Indoor Soccer • Tumbling & Beginner Gymnastics

• Strength, Interval, & Personal Training

- Pilates/Yoga
- Swim Lessons
- Basketball
- Arthritis Water Exercise
- Noon Hoops on Wednesdays

Moneta Area Family YMCA Facility

Monday	7:00 AM - 7:00 PM
Tuesday	8:00 AM - 7:00 PM
Wednesday	7:00 AM - 7:00 PM
Thursday	8:00 AM - 7:00 PM
Friday	7:00 AM - 4:00 PM
Saturday	9:00 AM - 3:00 PM
Saturday	9:00 AM - 3:00 PM
Sunday	1:00 PM - 4:00 PM

• State-of-the-Art Fitness Center

Aerobics Classes

- Pilates/Yoga
- Senior Fitness Classes
- Strength & Conditioning

Inclement Weather Policy

Please go to www.wset.com for any closings due to inclement weather.



THE BEDFORD AND MONETA YMCA IN COLLABORATION WITH CENTRA AND BEDFORD MEMORIAL HOSPITAL OFFERS HEALTH,WELLNESS,AND EXTENSIVE REHABILITATION SERVICES INCLUDING CARDIO & PULMONARY HEALTH.