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WELCOME

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
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www.BedfordYMCA.org

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MEMBER FDIC

HOURS OF OPERATION

Bedford Area Family YMCA Facility

Monday – Thursday	6:00 AM – 9:00 PM
Friday	6:00 AM – 7:00 PM
Saturday	9:00 AM – 5:00 PM
Sunday	12:00 PM – 5:00 PM

- State-of-the-Art Health & Wellness Center
- Indoor Heated Swimming Pool, Spa, and Sauna
- 12,000 square foot Gymnasium
- Free Weight Room
- Soccer Fields
- High Ropes Course with a 45' Climbing Tower & Team Building Course
- Teen Fitness/Recreation Area
- Outdoor Basketball/Sport Court & Pavilion
- Nursery

YOUTH PROGRAMS

- Before & After School Child Care at 8 Sites
- Summer Day Camp at 5 Sites
- All-Day Preschool/Childcare Program
- Swim Lessons & Swim Team
- Recreational Swimming
- Youth Basketball
- Soccer & Indoor Soccer
- Tumbling & Beginner Gymnastics

ADULT PROGRAMS

- Strength, Interval, & Personal Training
- Kick Boxing
- Spin Class
- Indoor Soccer
- Water Aerobics
- Aerobics
- 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
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.

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