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www.BedfordYMCA.org

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**FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY**



WELCOME
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 (P) 540 586 3483 • (F) 540 587 5310

Moneta Branch
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www.BedfordYMCA.org

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 4830 Rucker Road, Moneta • 540.297.7181

The Cardiovascular Group
 1039 Mayberry Crossing Dr, Moneta • 540.297.7840

Seven Hills Urology
 1039 Mayberry Crossing Dr, Moneta • 800.894.3787

1.877.MDLINK1
 www.CentraHealth.com

**BEDFORD AREA FAMILY YMCA
HOURS OF OPERATION**

Bedford Branch (540) 586-3483		Moneta Branch (540) 296-1059	
Monday – Thursday	6:00 AM – 9:00 PM	Monday/Wednesday	6:30 AM – 8:00 PM
Friday	6:00 AM – 7:00 PM	Tuesday/Thursday	7:00 AM – 8:00 PM
Saturday	9:00 AM – 5:00 PM	Friday	6:30 AM – 6:00 PM
Sunday	12:00 PM – 5:00 PM	Saturday	9:00 AM – 3:00 PM
		Sunday	1:00 PM – 4:00 PM

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

- YOUTH PROGRAMS**
- Before & After School Child Care throughout Bedford County
 - All Day Preschool/Childcare Program
 - Swim Lessons & Swim Team
 - Recreational Swimming
 - Youth Basketball
 - Soccer & Indoor Soccer
 - Gymnastics
 - Creative Movement

- ADULT PROGRAMS**
- Strength, Interval, & Personal Training
 - Spin
 - Yoga
 - Zumba®
 - Various Group Fitness
 - Water Aerobics
 - Indoor Soccer
 - Swim Lessons
 - Noon Hoops
 - Arthritis Water Exercise
 - Senior Fitness

- State-of-the-Art Fitness Center
 - Aerobics Studio
- YOUTH PROGRAMS**
- Preschool Gymnastics
 - Level I Gymnastics
- ADULT PROGRAMS**
- Various Group Fitness
 - Zumba®
 - Strength & Conditioning
 - Yoga
 - Senior Fitness

*Incliment Weather Policy
Please go to www.wset.com for any closings.*

We also offer many unique and creative ideas for birthday parties, youth groups, scout troops, clubs, etc. Contact us to book your next event.
Some activities available include: Pool Parties with or without our double slide inflatable

- Giant Bounce House/Obstacle Course
- Indoor Climbing Gym
- Outdoor Climbing
- Gymnastics

THE BEDFORD AREA FAMILY YMCA, AT BOTH THE BEDFORD BRANCH AND MONETA BRANCH, IN COLLABORATION WITH CENTRA AND BEDFORD MEMORIAL HOSPITAL OFFERS HEALTH, WELLNESS, AND EXTENSIVE REHABILITATION SERVICES INCLUDING CARDIO & PAULMONARY HEALTH.

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