## **Physical Fitness**

Available 24/7 No Other Eligibility Criteria Resident of Bedford City/County Intake Contact Email info@bedfordymca.org Intake Process Membership application. Call or visit for more information. **Provider Refer** Yes Self Refer Yes **Bedford Family YMCA** https://www.bedfordymca.org http://bedfordymca.org/bedford-fitness/ Main (540) 586-3483 1111 Turnpike Road 24523 VA **United States** Monday: 6:00 am-9:00 pm Tuesday: 6:00 am-9:00 pm Wednesday: 6:00 am-9:00 pm Thursday: 6:00 am-9:00 pm Friday: 6:00 am-7:00 pm Saturday: 8:00 am-5:00 pm Sunday: 12:00 pm-5:00 pm Fee Structure **Fixed Fee** Payment Method(s) Private Pay Languages Spoken

English

Bedford Family YMCA offers health enhancement activities. Adult and youth sports. Classes in yoga and Tai Chi are offered, as well as a full health and wellness facility featuring Cybex Strength Equipment and Precor Treadmills and Ellipses. Indoor pool with water aerobics and arthritis classes. Three days per week a cardiac nurse is on duty and a special wellness program is offered that can tailor your workout to your needs.

Adult programs include:

- strength training
- injury rehabilitation
- walking
- personal fitness
- exercise for beginners
- yoga
- tai chi
- healthy back
- weight management
- group aerobics
- martial arts exercise
- studio cycling
- and much more

Service Area(s) Bedford County Email bedfordymca@gmail.com