

## 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](mailto:bedfordymca@gmail.com)