

Arthritis Class, Water Aerobics

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-aquatics/>

Main

(540) 586-3483

1111 Turnpike Road

24523 VA

United States

Monday: 5:30 am-1:30 pm, 3:00 pm-8:30 pm

Tuesday: 5:30 am-1:30 pm, 3:00 pm-8:30 pm

Wednesday: 5:30 am-1:30 pm, 3:00 pm-8:30 pm

Thursday: 5:30 am-1:30 pm, 3:00 pm-8:30 pm

Friday: 5:30 am-1:30 pm, 3:00 pm-6:30 pm

Saturday: 8:00 am-4:30 pm

Sunday: 12:00 pm-4:30 pm

Additional Availability Comments

Call for class times

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Warm Water Exercise Classes for persons suffering from arthritis. The class is designed to help increase joint flexibility, range of motion and muscle strength. Class is also great for those with physical disabilities. Specially designed exercises led by trained personnel and endorsed by the National Arthritis Foundation. Contact the office for more information on class times.

Service Area(s)

Bedford County

Email

bedfordymca@gmail.com