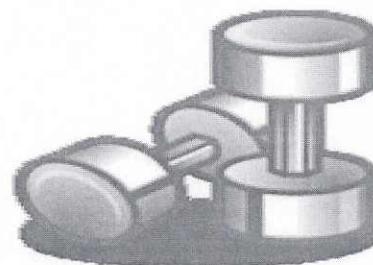
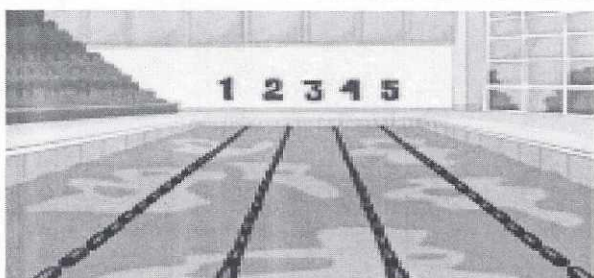


Bedford VA Hospital Fitness Center & Pool

Visit the gym and pool for a variety of fitness and wellness programs. Basketballs are available from 12 to 1 and after 4 pm Monday—Friday and all day Saturday and holidays during regular gym hours.



GYM HOURS:

Sunday	CLOSED
Monday	8:00 a.m.- 4:00 p.m.
Tuesday	8:00 a.m.- 6:30p.m.
Wednesday	8:00 a.m.- 6:30p.m.
Thursday	8:00 a.m.- 6:30p.m.
Friday	8:00 a.m. 6:30p.m.
Saturday	8:30 a.m.- 6:30p.m..

POOL HOURS:

Sunday	CLOSED
Monday	11:30 a.m.- 1:30 p.m.
Tuesday	11:30 a.m.- 3:00 p.m.
Wednesday	1:00 a.m.- 3:00 p.m.
Thursday	11:30 a.m.- 3:00 p.m.
Friday	11:30 a.m.- 1:30 p.m.
Saturday	12:00 a.m.- 3:00 p.m.

Please call ahead to check gym/pool hours of operation as times are subject to change during holidays, weather conditions, etc.

Gym Phone: (781) 687-2118

Pool Phone: (781) 687-2297

To use the gym and/or pool, veterans must have a valid Bedford VA clearance on file which can be obtained through your VA doctor and is good for one year.



Questions regarding the gym and pool should be directed to Leah Palmer, Recreational Therapy Supervisor, 781-687-3237.