

Schedule

YMCA OF RAPID CITY



Monday	Tuesday	Wednesday	Thursday	Friday
Adult Lap Swim i 5:00 am - 7:30 pm 8-Lane Pool	Adult Lap Swim i 5:00 am - 7:30 pm 8-Lane Pool	Adult Lap Swim i 5:00 am - 7:30 pm 8-Lane Pool	Adult Lap Swim i 5:00 am - 7:30 pm 8-Lane Pool	Adult Lap Swim i 5:00 am - 7:30 pm 8-Lane Pool
Cycle Together i <i>Molly</i> 5:30 am - 6:30 am Loft	Boot Camp i <i>Tony</i> 6:00 am - 7:00 am Loft	Balance and Flex Together i <i>Jenn</i> 6:00 am - 7:00 am Loft	Strength Train Together i <i>Kandi</i> 6:00 am - 7:00 am Loft	Balance and Flex Together i <i>Jenn</i> 6:00 am - 7:00 am Group Exercise Studio
Strength and Balance i <i>Tony</i> 8:00 am - 9:00 am Group Exercise Studio	Balance and Flex Together i <i>Karen</i> 8:25 am - 9:25 am Group Exercise Studio	Strength Train Together i <i>Nicole</i> 8:15 am - 9:15 am Loft	REFIT® Revolution i <i>Amanda</i> 8:15 am - 9:15 am The Loft	Strength and Balance i <i>Tony</i> 8:00 am - 9:00 am Group Exercise Studio
Strength Train Together i <i>Danae</i> 8:25 am - 9:25 am Loft	Pickleball 10:00 am - 12:00 pm Rapid City Gym	Aqua Rock i 8:30 am - 9:30 am 8-lane pool	Pickleball 10:00 am - 12:00 pm Rapid City Gym	Pilates i <i>Charles</i> 9:35 am - 10:35 am Group Exercise Studio
Aqua Rock i 8:30 am - 9:30 am 8-lane pool	Cycle Together i <i>Danny</i> 11:00 am - 12:00 pm Loft	Body Sculpt i <i>Lisa</i> 9:35 am - 10:35 am Loft	Cycle Together i <i>Stephanie</i> 11:00 am - 12:00 pm Loft	Group Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool
Group Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool	Group Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool	Group Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool	Group Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool	Youth/Adult Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool
Youth/Adult Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool	Youth/Adult Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool	Youth/Adult Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool	Youth/Adult Lap Swim i 11:00 am - 4:00 pm 8-Lane Pool	Basketball 11:30 am - 1:30 pm Rapid City Gym
Basketball 11:30 am - 1:30 pm South Gym	Family Swim i 12:00 pm - 3:00 pm Family Pool	Basketball 11:30 am - 1:30 pm South Gym	Family Swim i 12:00 pm - 3:00 pm Family Pool	Basketball 11:30 am - 1:30 pm South Gym
Basketball 11:30 am - 1:30 pm Rapid City Gym	Family Swim i 5:30 pm - 7:30 pm Family Pool	Basketball 11:30 am - 1:30 pm Rapid City Gym	Balance and Flex Together i <i>Nicole</i> 5:30 pm - 6:30 pm Group Exercise Studio	Family Swim i 12:00 pm - 3:00 pm Family Pool
Dance Fitness i <i>Chloe</i> 12:00 pm - 1:00 pm Loft	Yoga i <i>Sharleen</i> 5:30 pm - 6:30 pm Group Exercise Studio	Active Together i <i>Amanda</i> 12:00 pm - 1:00 pm Loft	Family Swim i 5:30 pm - 7:30 pm Family Pool	Zumba <i>Brandis</i> 12:00 pm - 1:00 pm Loft
Family Swim i 12:00 pm - 3:00 pm Family Pool	Group Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool	Family Swim i 12:00 pm - 3:00 pm Family Pool	Group Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool	Family Swim i 5:30 pm - 7:30 pm Family Pool

Pickleball 4:00 pm - 6:00 pm South Gym	Youth/Adult Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool	Pickleball 5:00 pm - 7:00 pm North Gym	Unicycle 6:00 pm - 8:00 pm North Gym	Group Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool
Family Swim i 5:30 pm - 7:30 pm Family Pool	Dance Fitness i <i>Alysha</i> 7:00 pm - 8:00 pm Loft	Family Swim i 5:30 pm - 7:30 pm Family Pool	Youth/Adult Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool	Youth/Adult Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool
Strength Train Together i <i>Leslie</i> 5:30 pm - 6:30 pm Loft	Aqua Rock i 5:45 pm - 6:45 pm 8-lane pool	Boot Camp i <i>Leslie</i> 5:45 pm - 6:30 pm Loft	Dance Fitness i <i>Randi</i> 7:00 pm - 8:00 pm Loft	
Aqua Rock i 5:45 pm - 6:45 pm 8-lane pool	Group Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool	Group Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool		
Group Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool	Youth/Adult Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool	Youth/Adult Lap Swim i 6:00 pm - 7:30 pm 8-Lane Pool		

Weekend Schedule

Saturday

Adult Lap Swim i

7:00 am - 4:30 pm
8-Lane Pool

Boot Camp i

Kandi
7:15 am - 8:15 am
Loft

Circuit City i

Tony
9:00 am - 10:00 am
Loft

Dance Fitness i

Jenna
10:30 am - 11:30 am
Loft

Youth/Adult Lap Swim i

11:00 am - 4:30 pm
8-Lane Pool

Group Lap Swim i

11:30 am - 4:30 pm
8-Lane Pool

Family Swim i

12:30 pm - 4:30 pm
Family Pool

West River Soccer

5:00 pm - 9:00 pm
South Gym

West River Soccer

5:00 pm - 9:00 pm

Rapid City Gym
