



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS & GYMNASIUM SCHEDULE

Custer YMCA Grace Coolidge Memorial Log Building & Helen Davis Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 6:00 AM Cardio Kickboxing	5:00 - 7:00 AM Open Gym	5:00 - 6:00 AM Cardio Kickboxing	5:00 - 7:00 AM Open Gym	5:00 - 6:00 AM Cardio Kickboxing	CLOSED	CLOSED
7:00 AM Ride & Shine Cycle Location: Loft	7:00 - 8:45 AM Cornhole Or Pickleball	7:00 AM Ride & Shine Cycle Location: Loft	7:00 - 9:00 AM Cornhole Or Pickleball	7:00 AM Ride & Shine Cycle Location: Loft		
6:30 - 10:00 AM Competitive Pickleball	9:00 - 10:00 AM Open Gym	6:30 - 10:00 AM Competitive Pickleball	9:00 - 10:00 AM Open Gym	6:30 - 10:00 AM Competitive Pickleball	7:00 - 10:15 AM OPEN GYM	12:30 PM - 4 PM OPEN GYM
10:30 - 11:30 AM Stretch & Strengthen With Peg	9:00 - 11:45 AM Open Gym	10:30 - 11:30 AM Wiggles & Giggles	10:30 - 11:30 AM Stretch & Strengthen With Peg	10:30 - 11:30 AM Video Yoga		
Noon - 1:00 PM Boot Camp Location: Gymnasium	Noon - 1:00 PM Boot Camp/ W.O.W. Location: Varies	Noon - 1:00 PM Boot Camp/ W.O.W. Location: Varies	Noon - 1:00 PM Boot Camp/ W.O.W. Location: Varies	Noon - 1:00 PM Boot Camp Location: Gymnasium		
1:30 - 4:15 PM Open Gym	1:30 - 3:30 PM Recreational Pickleball	1:30 - 4:15 PM Open Gym	1:30 - 3:30 PM Recreational Pickleball	1:30 - 5:00 PM Open Gym	10:30 - 11:30 AM Wiggles & Giggles	4:00 PM-5:00 AM CLOSED
4:30 - 5:45 PM Youth Sports	3:30 - 4:15 PM Open Gym	4:30 - 5:45 PM Youth Sports	3:30 - 4:15 PM Open Gym		5:00 - 7:00 PM Open Gym OR Friday Night Events	
6:00 - 7:00 PM Tae Kwon Do	6:00 - 9:00 PM Adult Volleyball League		6:00 - 7:00 PM Open Gym	6:00 - 7:00 PM Open Gym		7:00 PM-5:00 AM CLOSED
7:00 PM-5:00 AM CLOSED	7:00 PM-5:00 AM CLOSED	7:00 PM-5:00 AM CLOSED	7:00 PM-5:00 AM CLOSED			

CUSTER YMCA  
644 Crook Street, Custer SD 57730  
P 605 673 5134 W <http://www.rcymca.org>

Group Fitness & Gymnasium Schedule begins Monday, April 1<sup>st</sup> & is subject to change.  
Monday-Friday 0500AM-7PM  
Saturday 0700AM-Noon  
Sunday 12:30 PM - 4PM until May 20<sup>th</sup>  
Day Passes are available for purchase.

There is Open Gym in the Gymnasium unless the scheduled Youth Sport Activity is in session.  
The Gymnasium is open to community members for walking during Open Gym times.  
Gymnasium use is restricted to participating members of fitness classes during fitness classes.  
The Annual Rummage Sale begins 28 April - 11 May 2024. The Gymnasium will not be available during this time.  
**The Helen Davis Wellness Center is open during operating hours.**