



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 Open Gym	7:00 AM Ride & Shine Cycle Location: Loft	7:00 - 9:00 AM Open Gym	7:00 AM Ride & Shine Cycle Location: Loft		
6:30 - 10:00 AM Competitive Pickleball Location: Varies	9:00 - 10:00 AM Boomers & Beyond	6:30 - 10:00 AM Competitive Pickleball Location: Varies	9:00 - 10:00 AM Boomers & Beyond	6:30 - 10:00 AM Competitive Pickleball Location: Varies	7:00 - 10:00 OPEN GYM	11:00 AM - 2:00 PM OPEN GYM
10:30 - 11:30 AM Stretch & Strengthen With Peg	10:15 - 11:30 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 - 5:45 PM Open Gym	1:30 - 3:30 PM Recreational Pickleball Location: Varies	1:30 - 7:00 PM Open Gym	1:30 - 3:30 PM Recreational Pickleball Location: Varies	1:30 - 7:00 PM Open Gym	10:30-11:30 Wiggles & Giggles	
6:00 - 7:00 PM Tae Kwon Do	5:00 - 5:30 PM Youth Archery		5:00 - 5:30 PM Youth Archery			
7:00 PM-5:00 AM CLOSED	6:00 - 8:30 PM Adult Co-Ed Volleyball League	7:00 PM-5:00 AM CLOSED	5:45 - 7:00 PM Open Gym	7:00 PM-5:00 AM CLOSED	12:00 PM - 11:00 AM CLOSED	2:00 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, September 2nd & is subject to change.
Monday-Friday 5:00AM-7 PM
Saturday 7:00AM-Noon
Sunday 11:00 AM to 2:00 PM
Day Passes are available for purchase.

There is Open Gym in the Gymnasium unless the scheduled Group Fitness 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.
Wiggles & Giggles begins October 2 2024
Tumbling begins October 12th through November 16th
Boomers & Beyond begins November 12th - December 17th