



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Custer YMCA Grace Coolidge Memorial Log Building Group fitness & gymnasium schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 6:00 AM Cardio Kickboxing	5:00 - 5:30 AM YMCA 360 Streaming Spin Location: Loft	5:00 - 6:00 AM Cardio Kickboxing	5:15 - 6:30 AM Pedal & Pump Location: Loft	5:00 - 6:00 AM Cardio Kickboxing	CLOSED	CLOSED
7:00 AM Ride & Shine Cycle Location: Loft	5:00 - 9:45 AM Open Gym	7:00 AM Ride & Shine Cycle Location: Loft	5:00 - 9:00 AM Open Gym	7:00 AM Ride & Shine Cycle Location: Loft		
6:30 - 10:15 AM Competitive Pickleball Location: Gymnasium Location: Varies						
10:30 - 11:30 AM ForeverWell™ Video Yoga	10:00 - 11:30 AM ForeverWell™ Log Building Loopers	6:30 - 10:15 AM Competitive Pickleball Location: Gymnasium Location: Varies	9:00 - 10:30 AM ForeverWell™ Log Building Loopers	6:30 - 10:15 AM Competitive Pickleball or Open Gym Location: Varies	7:00AM - 12:00 PM OPEN GYM	CLOSED UNTILL 5:00 AM MONDAY
Noon - 1:00 PM Boot Camp 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/W.O.W. Location: Varies	Noon - 1:00 PM Boot Camp Location: Varies		
1:30 - 5:30 PM Open Gym	1:30 - 3:30 PM ForeverWell™ Recreational Pickleball	1:30 - 5:00 PM Open Gym	1:30 - 3:30 PM ForeverWell™ Recreational Pickleball	1:30 - 4:30 PM Open Gym		
	3:30 - 4:30 PM Open Gym		3:30 - 4:30 PM Open Gym			
	4:30 - 5:30 PM Open Gym OR Youth Activities		4:30 - 5:30 PM Open Gym OR Youth Activities	5:00 PM - 7:00 PM Open Gym OR Youth Activities		
6:00 - 7:00 PM Taekwondo	6:00 - 7:00 PM Open Gym	5:00 - 6:30 PM Fusion	5:30 - 7:00 PM Open Gym	7:00 PM-7:00 AM CLOSED	CLOSED UNTILL 5:00 AM MONDAY	
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			

MAY 2026

Rummage Sale April 26 - May 10 Gymnasium will be Unavailable



**Group Fitness & Gymnasium Schedule begins January 1st & is subject to change.
Monday-Friday 5:00 AM-7:00 PM // Saturday 7:00 AM-Noon // CLOSED SUNDAY**

Day Passes are available for purchase.
There is Open Gym in the Gymnasium unless the scheduled Activity is in session.
Gymnasium use is restricted to participants of fitness classes during fitness classes.
ForeverWell™ indicates 55+ Classes open to all ages.