



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 - 5:15 AM Open Gym	5:00 - 6:00 AM Cardio Kickboxing	5:00 - 7:30 AM Open Gym	5:00 - 6:00 AM Cardio Kickboxing	CLOSED	CLOSED
7:00 AM Ride & Shine Cycle Location: Loft	5:00 - 5:30 AM YMCA 360 Streaming Spin Location: Loft	7:00 AM Ride & Shine Cycle Location: Loft	5:15 - 6:30 AM Pedal & Pump Location: Loft	7:00 AM Ride & Shine Cycle Location: Loft		
6:30 - 10:15 AM Competitive Pickleball Location: Gymnasium	5:30 - 9:45 AM Open Gym		7:30 - 8:45 AM ForeverWell™ Log Building Loopers		6:30 - 10:15 AM Competitive Pickleball or Open Gym Location: Varies	7:00 - 8:45 AM OPEN GYM
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	9:00 - 10:00 AM Wiggles & Giggles	9:00 - 10:00 AM Wiggles & Giggles		
Noon - 1:00 PM Boot Camp Location: Varies	Noon - 1:00 PM Boot Camp Location: Varies	10:30 - 11:30 AM Open Gym	10:30 - 11:30 AM ForeverWell™ Video Yoga		10:30 - 11:30 AM ForeverWell™ Video Yoga	11:00 AM - 2:00 PM OPEN GYM
		Noon - 1:00 PM Boot Camp Location: Varies	Noon - 1:00 PM Boot Camp Location: Varies	Noon - 1:00 PM Boot Camp Location: Varies		
1:30 - 3:00 PM Open Gym	1:30 - 3:30 PM ForeverWell™ Recreational Pickleball	1:30 - 3:00 PM Open Gym	1:30 - 3:30 PM ForeverWell™ Recreational Pickleball	1:30 - 4:30 PM Open Gym	9:00 - 10:00 AM Wiggles & Giggles	
3:00 - 4:00 PM ForeverWell™ Log Building Loopers	3:30 - 4:30 PM Open Gym	3:00 - 4:00 PM ForeverWell™ Log Building Loopers	3:30 - 4:30 PM Open Gym			10:30 AM - 12:00 PM OPEN GYM
4:00 - 5:30 PM Open Gym	4:30 - 5:30 PM Open Gym OR Youth Activities	4:00 - 5:00 PM Open Gym	4:30 - 5:30 PM Open Gym OR Youth Activities	5:00 PM - 7:00 PM Open Gym OR Youth Activities	12:00 PM - 11:00 AM CLOSED	
6:00 - 7:00 PM Taekwondo	6:00 - 8:00 PM Adult Co-Ed Volleyball League	5:00 - 6:30 PM Fusion	5:30 - 7:00 PM Open Gym	7:00 PM - 7:00 AM CLOSED		2:00 PM - 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			

March 2026

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



Group Fitness & Gymnasium Schedule begins January 1st & is subject to change.
Monday-Friday 5:00 AM-7:00 PM//Saturday 7:00 AM-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 Activity is in session.
Gymnasium use is restricted to participants of fitness classes during fitness classes.
ForeverWell™ indicates 55+ Classes open to all ages.