



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:00 - 6:00 AM</b> Cardio Kickboxing	<b>5:00 - 5:15 AM</b> Open Gym	<b>5:00 - 6:00 AM</b> Cardio Kickboxing	<b>5:00 - 7:30 AM</b> Open Gym	<b>5:00 - 6:00 AM</b> Cardio Kickboxing	<b>CLOSED</b>	<b>CLOSED</b>
<b>7:00 AM</b> Ride & Shine Cycle <b>Location:</b> Loft	<b>5:00 - 5:30 AM</b> YMCA 360 Streaming Spin <b>Location:</b> Loft	<b>7:00 AM</b> Ride & Shine Cycle <b>Location:</b> Loft	<b>5:15 - 6:30 AM</b> Pedal & Pump <b>Location:</b> Loft	<b>7:00 AM</b> Ride & Shine Cycle <b>Location:</b> Loft		
<b>6:30 - 10:15 AM</b> Competitive Pickleball <b>Location:</b> Armory, 527 Montgomery Street, Custer	<b>5:30 - 9:45 AM</b> Open Gym		<b>7:30 - 8:45 AM</b> ForeverWell™ <b>Log Building Loopers</b>			
<b>10:30 - 11:30 AM</b> ForeverWell™ Video Yoga	<b>10:00 - 11:30 AM</b> ForeverWell™ <b>Log Building Loopers</b>	<b>6:30 - 10:15 AM</b> Competitive Pickleball <b>Location:</b> : Armory, 527 Montgomery Street, Custer	<b>9:00 - 10:00 AM</b> Open Gym	<b>6:30 - 10:15 AM</b> Competitive Pickleball <b>Location:</b> : Armory, 527 Montgomery Street, Custer		
		<b>10:30 - 11:30 AM</b> Open Gym	<b>10:30 - 11:30 AM</b> ForeverWell™ Video Yoga	<b>10:30 - 11:30 AM</b> ForeverWell™ Video Yoga		
<b>Noon - 1:00 PM</b> Boot Camp <b>Location:</b> Varies	<b>Noon - 1:00 PM</b> Boot Camp/W.O.W. <b>Location:</b> Varies	<b>Noon - 1:00 PM</b> Boot Camp/ W.O.W. <b>Location:</b> Varies	<b>Noon - 1:00 PM</b> Boot Camp/W.O.W. <b>Location:</b> Varies	<b>Noon - 1:00 PM</b> Boot Camp <b>Location:</b> Varies	<b>7:00 - 12:00 PM</b> OPEN GYM	<b>CLOSED</b> till 5:00 AM MONDAY
<b>1:30 - 3:00 PM</b> Open Gym	<b>1:30 - 3:30 PM</b> ForeverWell™ Recreational Pickleball	<b>1:30 - 3:00 PM</b> Pickup Basketball Starting June 17th	<b>1:30 - 3:30 PM</b> ForeverWell™ Recreational Pickleball	<b>1:30 - 4:30 PM</b> Open Gym		
<b>3:00 - 4:00 PM</b> ForeverWell™ <b>Log Building Loopers</b>	<b>3:30 - 4:30 PM</b> Open Gym	<b>3:00 - 4:00 PM</b> ForeverWell™ <b>Log Building Loopers</b>	<b>3:30 - 4:30 PM</b> Open Gym			
<b>5:00 - 5:45 PM</b> Fusion	<b>4:30 - 5:30 PM</b> Open Gym OR <b>Youth Activities</b>	<b>4:00 - 5:00 PM</b> Open Gym	<b>4:30 - 5:30 PM</b> Open Gym OR <b>Youth Activities</b>	<b>5:00 PM - 7:00 PM</b> Open Gym OR <b>Youth Activities</b>		
<b>6:00 - 7:00 PM</b> Taekwondo	<b>5:30 - 6:30 PM</b> Total Body Strength Open Gym	<b>5:00 - 6:30 PM</b> Fusion	<b>5:30 - 7:00 PM</b> Open Gym	<b>7:00 PM-7:00 AM</b> <b>CLOSED</b>	<b>CLOSED</b>	
<b>7:00 PM-5:00 AM</b> <b>CLOSED</b>	<b>7:00 PM-5:00 AM</b> <b>CLOSED</b>	<b>7:00 PM-5:00 AM</b> <b>CLOSED</b>	<b>7:00 PM-5:00 AM</b> <b>CLOSED</b>			

June 2026



Group Fitness & Gymnasium Schedule begins January 1<sup>st</sup> & is subject to change.

Monday-Friday 5:00 AM-7:00 PM//Saturday 7:00 AM-Noon

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.

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**CUSTER YMCA**

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