

Toddler Gym & Tumble

Monday - September 15

10:00-10:45 AM @ CRC Sport Court

\$6.00 CRC member // \$9.00 non-member

Who's ready to tumble...and run, jump, and more? We are! Let's get some exercise while we work on our balance and coordination, all while we giggle and play! This class is open to children ages 2-5 years old. Participants should wear comfy clothes, socks, and have clean sneakers. Led by Emily Keefe.

Football Clinic

Monday - September 15

10:00-11:00 AM (Youth Grade 1st-4th)

11:00-12:00 PM (Youth Grade 5th-8th)

\$6.00 CRC member per class // \$9.00 non-member per class

Looking to work on your football skills? This clinic is led by Osage Football players and will help participants reach their goals and increase their confidence through fun skills training. Participants will work on speed, agility, passing, kicking and more! Meet at the CRC Lobby before heading to the football field.

Blood Pressure Checks

Monday - September 22

10:00-11:00 AM @ CRC Lobby

Mitchell County Public Health will be administering blood pressure checks in the CRC Wellness Center Lobby once a month. Everyone is invited to these FREE monthly checks!

Flu Vaccination Clinic

Monday - September 22

10:00-11:00 AM @ CRC Lobby

Mitchell County Public Health will be administering flu shots in the CRC Wellness Center Lobby. Most insurances accepted. Please have your ID and insurance card present. No appointment needed!

Gymtime for Littles

Wednesday- September 24

10:30-1:00 PM @ CRC Sport Court

\$6.00 CRC member per class // \$9.00 non-member per class

It's a toddler takeover! Parents and toddlers are welcome to come play in the gym on the tumbling mats, at a time reserved just for you! Each session we will have activities and games set up to keep your littles busy. Invite your friends and their kiddos for this special parent supervised play time at the CRC! **Parent/guardian must stay with their toddler at all times. Program is geared for kids ages 5 and under.*

Pool Carnival & Half Price Swim Day

Saturday - September 27th Pool Carnival - 1:30-3:00 PM

1/2 Price Swim Day - 1:30-5:00 PM @ CRC Aquatics Center

Spend time with your family and friends at the CRC Aquatics Center! Games and activities for kids will be from 1:30-3:00 PM. 1/2 price swim will continue until 5:00 PM. Kids can go down the clownfish slide or play in the zero depth. Parents, be sure to bring your suit along to swim a lap, go off the diving board, or take the kids for a ride around the lazy river! Snacks and fruit juice will be for sale in the cabana area in the Aquatics Center.



September

Cedar River Complex - Monthly Schedule

**CRC Closed Monday, September 1st for Labor Day*

Monday

BOXERCISE

Nicole Dodd

- September 8, 15, 22, 29 @ 8:30-9:45 AM

\$6.00 CRC member per class // \$9.00 non-member per class

BRUNCH CRUNCH

Nicole Dodd

- September 8, 15, 22, 29 @ 10:00-10:30 AM

\$3.00 CRC member per class // \$4.50 non-member per class

MATURE MOBILITY

Matt Moberg

- September 8, 15, 22, 29 @ 10:30-11:00AM

\$3.00 CRC member per class // \$4.50 non-member per class

TAI CHI {PRACTICE/IN DEPTH}

Deneen Schweiger

- September 8, 15, 22, 29 @ 4:00-5:00 PM

\$6.00 CRC member per class // \$9.00 non-member per class

CYCLING

Ardi Gisleson

- September 8, 15, 22, 29 @ 5:15-6:15 PM

\$6.00 CRC member per class // \$9.00 non-member per class

Tuesday

WOMEN & WEIGHTLIFTING

Jill Witt

-September 2, 9, 16, 23, 30 @ 5:30-6:30 AM

\$6.00 CRC member per class // \$9.00 non-member per class

CORE STRENGTH & BALANCE

-September 2, 9, 16, 23, 30 @ 8:30-9:15 AM

\$6.00 CRC member per class // \$9.00 non-member per class

SPORT FIT STRENGTH

Matt Moberg

-September 2, 9, 16, 23, 30 @ 8:30-9:30 AM

\$6.00 CRC member per class // \$9.00 non-member per class

YOGA

Jolene Norby

-September 2, 9, 16, 23, 30 @ 5:15-6:00 PM

\$6.00 CRC member per class // \$9.00 non-member per class



**Cedar River
Complex**

MEET - PLAY - LEARN - ENJOY

Cedar River Complex
809 Sawyer Dr. Osage, IA 50461
www.cedarrivercomplex.com



**Cedar River
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Wednesday

CYCLING

Melinda Darrow

- September 3, 10, 17, 24 @ 5:30-6:15 AM

\$6.00 CRC member per class // \$9.00 non-member per class

HYDRO-FIT

Carrie Barker/Lisa Cockrum

- September 3, 10, 17, 24 @ 8:00-8:45 AM

\$6.00 CRC member per class // \$9.00 non-member per class

BOXERCISE

Nicole Dodd

- September 3, 10, 17, 24 @ 8:30-9:45 AM

\$6.00 CRC member per class // \$9.00 non-member per class

BRUNCH CRUNCH

Nicole Dodd

- September 3, 10, 17, 24 @ 10:00-10:30 AM

\$3.00 CRC member per class // \$4.50 non-member per class

MATURE MOBILITY

Matt Moberg

- September 3, 10, 17, 24 @ 10:30-11:00 AM

\$3.00 CRC member per class // \$4.50 non-member per class

Thursday

WOMEN & WEIGHTLIFTING

Jill Witt

- September 4, 11, 18, 25 @ 5:30-6:30 AM

\$6.00 CRC member per class // \$9.00 non-member per class

MASTERS SWIM

Mark Miller

- September 4, 11, 18, 25 @ 6:15-6:45 AM

\$3.00 CRC member per class // \$4.50 non-member per class

{ADULT} INTRO TO SWIMMING

Mark Miller

- September 4, 11, 18, 25 @ 7:00-7:45 AM

\$6.00 CRC member per class // \$9.00 non-member per class

CORE STRENGTH & BALANCE

Jolene Norby

- September 4, 11, 18, 25 @ 8:30-9:15 AM

\$6.00 CRC member per class // \$9.00 non-member per class

SPORT FIT STRENGTH

Matt Moberg

- September 4, 11, 18, 25 @ 8:30-9:30 AM

\$6.00 CRC member per class // \$9.00 non-member per class

WATER WELL-BEING

Mark Miller

- September 4, 11, 18, 25 @ 8:30-9:30 AM

\$6.00 CRC member per class // \$9.00 non-member per class

Friday

CARDIO BOX

Carol Tesch

- September 5, 12, 19, 26 @ 5:15-6:15 AM

\$6.00 CRC member per class // \$9.00 non-member per class

BOXERCISE

Nicole Dodd

- September 5, 12, 19, 26 @ 8:30-9:45 AM

\$6.00 CRC member per class // \$9.00 non-member per class

BRUNCH CRUNCH

Nicole Dodd

- September 5, 12, 19, 26 @ 10:00-10:30 AM

\$3.00 CRC member per class // \$4.50 non-member per class

MATURE MOBILITY

Matt Moberg

- September 5, 12, 19, 26 @ 10:30-11:00 AM

\$3.00 CRC member per class // \$4.50 non-member per class

Events & Programs

Toddler Gym & Swim

Wednesday- September 3

8:30-9:30 AM @ CRC Sport Court & Aquatics Center

\$6.00 CRC members // \$9.00 non-members

Come to the CRC for a morning full of gym and pool play! This program is designed for children 2-5 years old, your child will experience a fun, stimulating environment while improving their social and physical skills. Children should come in comfortable play clothes with their swimsuit on underneath. The first half of class will be in the gym and the second half in the pool. Led by Jennifer Shannon.

*Parents/guardians of children 3-5 are welcome to stay for the class, but do not have to (please do stay in the building though) - 2 year olds must be accompanied by a parent/guardian.

SAQ {Strength, Agility, & Quickness}

Mondays/Wednesdays/Fridays - September 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29

3:30-4:15 PM (Youth Grade 5th-8th)

\$6.00 CRC members (per session) // \$9.00 non-members (per session)

SAQ focuses on developing the foundation for lifelong fitness and sports success. These classes are intended for serious-minded young athletes who are looking to prepare for varsity sports by using a combination of body-weight and standard weight training exercises. Discipline is important during these classes, with an emphasis on the correct execution of the exercises, safety, and overall fitness. You do not have to participate in all of the classes, but the more classes you are involved in, the better the results! Good athletic shoes (court or running) are required. Led by Matt Moberg.

Stay Independent: Final Arrangements

Friday - September 12 (Intended for Adults of any age)
10:15-11:15 AM @ CRC Lobby

Thinking about mortality - your own or that of a loved one - is difficult. Making final arrangements involves more than planning a funeral. Get information about funeral/burial options and costs and related Iowa Laws. Use pre-planning checklist to consider end-of-life decisions that can be made now and how to organize documents to help the living.

* Free workshop-provided by ISU Extension & Outreach

Extended Pool Hours

Adult Swim @ 7:00-7:45 PM

Mondays- September 8, 15, 22, 29