

Meet. Play. Learn. Enjoy.

EXPERIENCE THE CEDAR RIVER COMPLEX LOCATED IN
OSAGE, IOWA!

AT THE CEDAR RIVER COMPLEX (CRC) THERE ARE ACTIVITIES
AND PROGRAMS FOR ALL AGES.

WE INVITE YOU TO EXPLORE OUR AQUATICS CENTER, WELLNESS
CENTER, 24HOURFIT+, EVENTS CENTER, AND FINE ARTS
AUDITORIUM. WE HOPE YOU ENJOY VISITING THE CRC WHERE
YOU CAN MEET, PLAY, LEARN, AND ENJOY.

What's Inside?

Wellness Center

- 11,000 SQ. FOOT SPORT COURT WITH SIX BASKETBALL HOOPS
- ELEVATED TRACK FOR INDOOR RUNNING AND/OR WALKING
- RACQUETBALL COURT
- BATTING CAGE
- FITNESS FLOOR WITH CARDIO AND WEIGHT EQUIPMENT
- LOBBY AREA
- KID'S COVE (SUPERVISED CHILDCARE)
- FITNESS CLASSROOM

24HourFit+

- 24/7 ACCESSIBLE FITNESS FACILITY
- HAMMER STRENGTH, ROGUE, & LIFE FITNESS CARDIO & WEIGHT EQUIPMENT
- CONVENIENT, SUPPORTIVE ATMOSPHERE

Fine Arts Center

- MEETING SPACE (CONFERENCE ROOM, LOWER LOBBY)
- STANDING-OVATION PERFORMANCES IN THE 600 SEAT AUDITORIUM
- 40 FT X 67 FT STAGE
- A SPACIOUS, FULL-EQUIPPED GREEN ROOM

Events Center

- WEDDINGS & CELEBRATIONS VENUE
 - MEETING SPACE
 - FULL-SERVICE BAR AVAILABLE FOR RENTALS
 - KITCHEN FACILITIES FOR THE CATERER OF YOUR CHOICE
- *LOCATION: 1006 CHESTNUT ST. OSAGE, IA

Aquatics Center

- ZERO-DEPTH ENTRY POOL
- 100 FOOT LAZY RIVER
- 12.6 FOOT, 3 LANE LAP POOL
- ADULT & YOUTH PROGRAMS AND CLASSES

STAY UP TO DATE -
FOLLOW US!



mondays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- August 3, 10, 17, 24, 31 @ 8:30-9:45 AM

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

BRUNCH CRUNCH

Nicole Dodd

- August 3, 10, 17, 24, 31 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

- August 3, 10, 17, 24, 31 @ 10:30-11:00 AM

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

TAI CHI : YANG 24 PART FIVE

Deneen Schweiger

- August 3, 10, 17, 24, 31 @ 4:00-5:00 PM

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

CYCLING

Ardi Gisleson

- August 3, 10, 17, 24, 31 @ 5:15-6:15 PM

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

tuesdays

GRAVITY & GRIND (TRX Total Body Training)

Jill Witt

- August 4, 11 @ 6:00-6:45 AM

- August 18, 25 @ 5:30-6:15 AM

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

CORE STRENGTH & BALANCE

Jolene Norby

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

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

BARRE FIT

Matt Moberg

- August 4, 11, 18, 25 @ 9:45-10:30 AM

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

YOGA

Jolene Norby

- August 4, 11, 18 @ 5:15-6:00 PM

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

wednesdays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- August 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

- August 5, 19, 26 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

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

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

**Cedar River
Complex**

MEET - PLAY - LEARN - ENJOY

Cedar River Complex - 809 Sawyer Dr. Osage, IA

Thursdays

MASTERS SWIM

- August 6, 13, 20, 27 @ 6:15-6:45 AM

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

{ADULT} INTRO TO SWIMMING

- August 6, 13, 20, 27 @ 7:00-7:45 AM

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

WATER WELL-BEING

- August 6, 13, 20, 27 @ 8:30-9:30 AM

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

CORE STRENGTH & BALANCE

- August 6, 13, 20 @ 8:30-9:15 AM

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

POOLSIDE YOGA

- August 6, 20 @ 11:45 AM-12:30 PM *(Takes place on the pool deck)

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

fridays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- August 7, 14, 21, 28 @ 8:30-9:45 AM

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

BRUNCH CRUNCH

- August 7, 14, 21, 28 @ 10:00-10:30 AM

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

MATURE MOBILITY

- August 7, 14, 21, 28 @ 10:30-11:00 AM

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

Events & Programs

YOUTH FOOTBALL CLINICS

Tues/Wed/Thurs - August 4, 5, 6

@ 4:00-5:00 PM (Youth going into 3rd & 4th Grade)

@ 5:15-6:15 PM (Youth going into 1st & 2nd Grade)

\$6.00 CRC members (per session) // \$9.00 guests (per session)

Join Sevrin Dodd at the CRC Youth Football Clinics to work on drills and skills, just in time for football season! Meet at the CRC and spend the hour scrimmaging while learning more about the game of football.

JUST WORK IT (Youth Dance Fitness Class)

Tuesdays/Thursdays - August 4, 6, 11, 13

@ 10:00-10:45 am (Youth going into 3rd Grade & Up)

\$6.00 CRC members (per class) // \$9.00 guests (per class)

Get ready for an exciting experience filled with lively music and engaging instruction with Hillary Morris. In this class, you'll dance, compete, and have a blast as you find your groove!

YOUTH VOLLEYBALL CLINICS

Wednesdays - August 5, 12

@ 9:00-10:00 AM (Youth going into 5th & 6th Grade)

@ 10:00-11:00 AM (Youth going into 7th & 8th Grade)

\$6.00 CRC members (per session) // \$9.00 guests (per session)

Ready to bump, set, and spike? Our Youth Volleyball clinics are the perfect place for young athletes to learn the game and build confidence. Serving, passing, setting, spiking, and basic court strategy will be covered during these clinics with Patricia Mullenbach.

TODDLER GYM & SWIM

Wednesday - August 5th

@ 8:30-9:30 am (Ages 2-6)

\$6.00 CRC members (per session) // \$9.00 guests (per session)

Come to the CRC for a morning full of gym and pool play! This program is designed for children 2-6 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 (only the toddlers get in the pool, not the parent or guardian).

*Parents/guardians of children ages 3-6 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.

CRAFT CLUB

Wednesdays - August 5, 12

@ 11:00-12:00 PM CRC Wellness Center Kid's Cove

(Youth going into K-4th Grade)

\$6.00 CRC members (per class) // \$9.00 guests (per class)

No dog days of summer here! Get together with your friends - while making new ones too - and put your creativity to work! During Craft Club, we'll feature specific crafts at each gathering.

YOUTH SAQ (Strength, Agility, & Quickness)

Wednesdays - August 5, 12, 19, 26*

@ 11:15 AM-12:00 PM (*August 26th from 3:30-4:15 PM)

(Youth going into 4th-8th Grade)

\$6.00 CRC members (per session) // \$9.00 guests (per session)

SAQ focuses on developing the foundation for lifelong fitness and sports success. Provides exercises that center on the basics of proper weightlifting, stretching, and injury prevention. SAQ classes have specific goals to prepare young athletes for the rigors of varsity sports.

TODDLER GYM & TUMBLE

Friday - August 14th

@ 8:30-9:15 AM CRC Wellness Center Sport Court

(Ages 2-6) \$6.00 CRC members (per class) // \$9.00 guests (per class)

Join us for a mix of activities that promote physical development and creativity through play. Our friendly instructor, Ari Keefe, ensures a safe and engaging environment where little ones can explore their abilities and make new friends. Parents and guardians are welcome to join in on the fun or watch from the sidelines as their toddlers discover the joy of movement.

BLOOD PRESSURE CHECKS

Monday - August 24th @ 10:15-11:00 am CRC Wellness Center 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!

GYM TIME FOR LITTLES

Friday - August 28th

@ 10:30-1:00 PM CRC Wellness Center Sport Court (Ages 2-6) \$6.00 CRC members // \$9.00 guests

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. The cost is for the participant only (guardians do not have a fee for the program).