

Toddler Gym & Swim

Wednesday - April 8th 8:30-9:30 AM

\$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 2-5 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 (only the toddlers get in the pool, not the parent or guardian). *Parents/guardians of children ages 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.

Chair Massage by Grace

Wednesday - April 8th from 11:00 AM-4:00 PM Tuesday - April 14th from 10:00 AM-3:00 PM

Wednesday - April 22nd from 11:00 AM-4:00 PM

*Flat rate of \$1.00 per minute

Come enjoy a bit of relaxation! Grace from "Grace's Therapeutic Massage" will be giving chair massages throughout the day, register ahead of time to assure you will have the time slot you'd prefer. Sign up sheet located at the CRC Welcome Desk (calls to reserve a time slot are welcomed).

Powerful Tools for Caregivers : Hosted by MC Extension

Thursdays - April 16, 23, 30 May 7, 14, 21 1:00-2:00 PM

Powerful Tools for Caregivers is a class designed to provide you - the caregiver - with skills to take care of yourself. The series of six classes, held once a week, offers tools and support to help you reduce stress, solve problems, and communicate confidently when faced with tough decisions. Free virtual series, hosted by MC Extension. Call 641-732-5574 by Wednesday, April 8th to RSVP.

Stay Independent : Planning Ahead for Future Care

Friday - April 17th 9:30-10:30 AM @ CRC Conference Room

Learn about the basics of care planning, preparing, for medical events, and communicating with healthcare professionals and family. Planning now allows you to make decisions about your future care that are based on your wishes. Free event held at the CRC, hosted by MC Extension. Call 641-732-5574 by Friday, April 10th to RSVP.

Toddler Gym & Tumble

Wednesday - April 22nd 8:30-9:15 AM @ CRC Sports Court

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

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 18 months-5 years old. Please wear comfy clothes, socks, and have clean sneakers.

CRC Anniversary Week Special

Monday, April 27th through Saturday, May 2nd

All week long CRC members are invited to welcome guests to participate in CRC fitness classes with them. Each time you bring a friend, you BOTH get half off of the class you're taking! **Note: the friend can be a CRC member or guest, it's up to you!** Class schedules will be published closer to the Anniversary Week.

CRC Community Garage Sale

Thursday - April 30th @ 4-7 PM Friday - May 1st @ 8 AM-6 PM

*Saturday - May 2nd @ 8 AM-6 PM

*BOOTH INFO & COST



Who is ready for Spring? Get ready for the Community Garage Sale held at the Cedar River Complex Events Center - it's an event you won't want to miss! Shop until you drop or set up a table(s) to sell your treasures. *Enjoy a cash bar while you shop on Saturday, May 2nd! More details are below for those wanting to set up a booth!

Sellers - How it Works:

- Set up dates: Tuesday, April 28th 2-6 pm; Wednesday, April 29th 2-6 pm; Thursday, April 30th 1-4 pm.
- We ask that all sellers are set up by 4 pm on Thursday, April 30th.
- Each seller MUST remove all unsold items once the event is complete; failure to do so will result in a fee.
- If you cannot be present at your booth the entire time, the 'honor system' is an option for selling as well. Have your items priced and marked and have a collection bin at your booth so buyers can still purchase from you. Please note that this option is solely up to each seller; the CRC is not responsible for any lost/missing items.

April - Extended Pool Hours

All other pool hours are scheduled as normal

+ Monday 4/6 @ (1:30-6:30 pm)

+ Wednesday 4/8 @ (1:30-6:30 pm)

+ Wednesday 4/22 @ (1:30-6:30 pm)

Cedar River Complex
MEET - PLAY - LEARN - ENJOY

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



April 2026 Monthly Schedule

mondays

*CRC Wellness Center Closed
- Sunday, April 5th for Easter

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- April 6, 13, 20, 27 @ 8:30-9:45 AM

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

BRUNCH CRUNCH

Nicole Dodd

- April 6, 13, 20, 27 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

- April 6, 13, 20, 27 @ 10:30-11:00 AM

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

TAI CHI : YANG 24

- April 6, 13, 20, 27 @ 4:00-5:00 PM

Deneen Schweiger

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

BOXERCISE

Nicole Dodd

- April 13 @ 5:15-6:00 PM

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

CYCLING

Ardi Gisleson

- April 6, 13, 20, 27 @ 5:15-6:15 PM

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

FULL BODY STEP

Hillary Morris

- April 6, 13, 20, 27 @ 6:30-7:30 PM

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

tuesdays

new!

GRAVITY & GRIND (TRX Total Body Training)

Jill Witt

- April 7, 14, 21, 28 @ 5:30-6:15 AM

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

CORE STRENGTH & BALANCE

Jolene Norby

- April 7, 14, 21, 28 @ 8:30-9:15 AM

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

SENIOR BARRE FIT

Matt Moberg

- April 7, 14, 21, 28 @ 9:45-10:30 AM

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

YOGA

Jolene Norby

- April 7, 14, 21, 28 @ 5:15-6:00 PM

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

JumpNJacked

Nicole Roberts

- April 7, 14, 21, 28 @ 6:15-7:00 PM

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

Cedar River Complex
MEET - PLAY - LEARN - ENJOY

Wednesdays

HYDRO-FIT Carrie Barker/Lisa Cockrum
 - April 1, 8, 15, 22, 29 @ 8:00-8:45 AM
 \$6.00 CRC member per class // \$9.00 non-member per class

BOXERCISE & TANDEM BIKING Nicole Dodd/Matt Moberg
 - April 1, 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
 - April 1, 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
 - April 1, 8, 15, 22, 29 @ 10:30-11:00 AM
 \$3.00 CRC member per class // \$4.50 non-member per class

BOXERCISE Nicole Dodd
 - April 1, 8, 15, 22, 29 @ 5:15-6:00 PM
 \$6.00 CRC member per class // \$9.00 non-member per class

LINE DANCING FOR BEGINNERS Janean Kolbet
 - April 1, 8, 15, 22, 29 @ 4:30-5:15 PM
 \$6.00 CRC member per class // \$9.00 non-member per class

DANCE CARDIO Bethanie Lane
 - April 8, 15, 22, 29 @ 5:30-6:15 PM
 \$6.00 CRC member per class // \$9.00 non-member per class

Thursdays

WOMEN & WEIGHTLIFTING Jackie McRoberts
 - April 2, 9, 16, 23, 30 @ 5:30-6:15 AM
 \$6.00 CRC member per class // \$9.00 non-member per class

MASTERS SWIM Mark Miller
 - April 2, 9, 16, 23, 30 @ 6:15-6:45 AM
 \$3.00 CRC member per class // \$4.50 non-member per class

{ADULT} INTRO TO SWIMMING Mark Miller
 - April 2, 9, 16, 23, 30 @ 7:00-7:45 AM
 \$6.00 CRC member per class // \$9.00 non-member per class

WATER WELL-BEING Mark Miller
 - April 2, 9, 16, 23, 30 @ 8:30-9:30 AM
 \$6.00 CRC member per class // \$9.00 non-member per class

CORE STRENGTH & BALANCE Jolene Norby
 - April 2, 9, 16, 23, 30 @ 8:30-9:15 AM
 \$6.00 CRC member per class // \$9.00 non-member per class

TRX SUSPENSION STRENGTH & MORE Matt Moberg
 - April 2, 9, 16, 30 @ 5:15-6:00 PM
 \$6.00 CRC member per class // \$9.00 non-member per class

FULL BODY STEP & BOXING Hillary Morris
 - April 2, 9, 16, 23, 30 @ 6:30-7:30 PM
 \$6.00 CRC member per class // \$9.00 non-member per class

Fridays

GRAVITY & GRIND (TRX Total Body Training) Jill Witt
 - April 3, 10, 17, 24 @ 5:30-6:15 AM
 \$6.00 CRC member per class // \$9.00 non-member per class

BOXERCISE & TANDEM BIKING Nicole Dodd/Matt Moberg
 - April 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
 - April 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
 - April 3, 10, 17, 24 @ 10:30-11:00 AM
 \$3.00 CRC member per class // \$4.50 non-member per class

BOXERCISE Nicole Dodd
 - April 10 @ 5:15-6:00 PM
 \$6.00 CRC member per class // \$9.00 non-member per class

Saturdays

CYCLING INTO YOGA Ardi Gisleson/Jolene Norby
 - April 4 @ 8:30-9:30 AM
 \$6.00 CRC member per class // \$9.00 non-member per class

Events & Programs

Gymtime for Littles
Wednesdays - April 1st & 15th 10:30 AM-1:00 PM
 \$6.00 CRC members (per session) // \$9.00 guests (per session)

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).

Synergy : {Free!} Injury Screenings
Thursdays - April 2, 9, 16, 23, 30 9:00-11:00 AM

Do you have pain or an injury you need help working through? Stop by this free injury screening to see how Synergy can help you. They offer Aquatic therapy, balance training, post surgery rehab, posture control, and so much more.

Spring Large Group Swim Lessons
Tuesdays - April 7, 14, 21, 28 May 5
4:00-5:00 PM @ CRC Aquatics Center
 \$33.25 CRC members // \$51.90 guests



Swimming lessons are essential for children and come with numerous benefits! Kids will gain confidence in the water while developing their swimming abilities. We offer various levels for children aged 3 and up, ranging from introductory classes to advanced refinement sessions. You can find our swim lesson levels on our website or by scanning the QR code above. Please note that pre-registration for lessons is mandatory. Each class will be limited to 10 kids per group, and the schedule is outlined below:

Levels:
 4:00-4:30 PM – Turtle/seahorse combined
 4:00-4:30 PM – clownfish/Bluegill combined
 4:30-5:00 PM – Dolphin/orca/Shark combined
 4:30-5:00 PM – Turtle/seahorse combined