

# Cedar River Complex

MEET - PLAY - LEARN - ENJOY

*\*CRC Wellness & Aquatics Center  
will be closed on  
Monday, September 1st for Labor Day*

## Wellness Center Hours

<b>Monday - Thursday</b>	5:00 am - 8:00 pm
<b>Friday</b>	5:00 am - 7:00 pm
<b>Saturday</b>	8:00 am - 5:30 pm
<b>Sunday</b>	1:00 pm - 5:30 pm

## Aquatics Center Fall Hours\*

*\*Check our website or Facebook for updates.  
(Fall hours start Monday, August 25th)*

### Mondays

Adult Swim	5:15-7:30 AM
Adult Swim	9:30-11:30 AM
Open Swim	4:00- 7:00 PM

### Tuesdays

Adult Swim	9:30-11:30 AM
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### Wednesdays

Adult Swim	5:15-7:30 AM
Adult Swim	9:30-11:30 AM
Open Swim	4:00-7:00 PM

### Thursdays

Adult Swim	9:30- 11:30 AM
Open Swim	4:00-7:00 PM

### Fridays

Adult Swim	5:15-7:30 AM
Open Swim	9:30- 11:30 AM

### Saturdays

Adult Swim	8:30- 9:30 AM
Open Swim	1:30- 5:00 PM

### Sundays

Open Swim	1:30-5:00 PM
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# 2025 August monthly schedule



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### CARDIO BOX

Carol Tesch

- August 11, 18, 25 @ 5:15-6:00 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

### BOXERCISE

Nicole Dodd

- August 4, 11, 18, 25 @ 8:30-9:45 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

### BRUNCH CRUNCH

Nicole Dodd

- August 4, 25 @ 10:00-10:30 AM  
\$3.00 CRC member per class // \$4.50 non-member per class

### MATURE MOBILITY

Matt Moberg

- August 4, 11, 18, 25 @ 10:30-11:00AM  
\$3.00 CRC member per class // \$4.50 non-member per class

### TAI CHI {FOR ENERGY 2, PART 1}

Deneen Schweiger

- August 4, 11, 18, 25 @ 4:00-5:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

### CYCLING

Ardi Gisleson

- August 4, 11, 25 @ 5:15-6:15 PM  
\$6.00 CRC member per class // \$9.00 non-member per class



### Tuesday

### WOMEN & WEIGHTLIFTING

Jill Witt

-August 19, 26 @ 5:30-6:30 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

### CORE STRENGTH & BALANCE

Jolene Norby

-August 5, 12, 19, 26 @ 8:30-9:15 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

### SPORT FIT STRENGTH

Matt Moberg

-August 5, 12, 19, 26 @ 8:30-9:30 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

### SENIOR BARRE STRENGTH

Matt Moberg

-August 5, 12, 19, 26 @ 9:45-10:30 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

### YOGA

Jolene Norby

-August 5, 12 @ 9:45-10:30 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

**Cedar River  
Complex**

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



## Wednesday

### BOXERCISE

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

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

### BRUNCH CRUNCH

- August 27 @ 10:00-10:30 AM

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

### MATURE MOBILITY

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

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

## Thursday

### WOMEN & WEIGHTLIFTING

- August 21, 28 @ 5:30-6:30 AM

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

### MASTERS SWIM

- August 7, 21, 28 @ 6:15-6:45 AM

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

### FOAM ROLLER PILATES

- August 7, 14 @ 6:30-7:15 AM

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

### {ADULT} INTRO TO SWIMMING

- August 7, 21, 28 @ 7:00-7:45 AM

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

### CORE STRENGTH & BALANCE

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

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

### SPORT FIT STRENGTH

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

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

### WATER WELL-BEING

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

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

## Friday

### BOXERCISE

- August 1, 8, 15, 22, 29 @ 8:30-9:45 AM

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

### BRUNCH CRUNCH

- August 1, 29 @ 10:00-10:30 AM

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

### MATURE MOBILITY

- August 1, 8, 22, 29 @ 10:30-11:00 AM

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

Nicole Dodd

Nicole Dodd

Matt Moberg

Jill Witt

Mark Miller

Jill Witt

Mark Miller

Jolene Norby

Matt Moberg

Mark Miller

Nicole Dodd

Nicole Dodd

Matt Moberg

## Events & Programs

### Be Vacation Ready - Swim Safety Class!

#### Held @ CRC Aquatics Center

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

It's sweet summertime! Let our swim instructors get you ready for your summer plans in or around the water. During this class we will cover: water and swim safety practices, life jackets, floating and treading, and swimming skills. And of course there will be fun games including practicing kayaking in the CRC lap pool.

**Tuesday, August 5th -**

**1:00-1:45 PM (Youth going into 1st- 3rd Grade)**

**1:45-2:30 PM (Youth going into 4th-6th Grade)**

**6:00-6:45 PM (Youth going into 1st-3rd Grade)**

**6:45-7:30 PM (Youth going into 4th-6th Grade)**

### Prep to Play

**Mondays/Wednesdays/Fridays - August 4, 6, 8, 11, 13, 15, 18, 20, 22 @ CRC Wellness Center**

**12:30 -1:30 PM (Youth going into 3rd-5th grade)**

**1:30 -2:30 PM (Youth going into 6th-8th grade)**

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

During this class, participants will get a jump start on fall sports. They will work on speed, agility, and strength in a program designed to prepare your student athlete for the upcoming fall sports season. Led by Matt Moberg.

### Stay Independent: Planning Ahead for Future Care

**Friday - August 15 (Intended for Adults of Any Age)**

**10:15-11:15 AM @ CRC Wellness Center**

Planning now allows you to make decisions about future care that are based on your wishes. Learn about the basics of future care planning and preparing for medical appointments/events.

\* Free workshop-provided by ISU Extension & Outreach

### Blood Pressure Checks

**Monday - August 25**

**10:15-11:00 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!

Did you know?  
We offer childcare!

**\*Kid's Cove  
(supervised childcare)**

**Mondays-Fridays 8:30-11:00 am**

**\*Wednesdays PM 5:00-7:00 pm**

(AM Hours are 8:30-11:00 AM as usual)

\* Evening hours will resume 9/3