

***CRC WELLNESS CENTER CLOSED**
MONDAY, SEPTEMBER 7TH FOR LABOR DAY
THURSDAY, NOVEMBER 26TH FOR THANKSGIVING
(WITH THE EXCEPTION OF THE 'TURKDUCKEN' SWIM IN THE MORNING)

24HOURFIT+ IS ALWAYS OPEN, 24/7!

WELLNESS CENTER HOURS

MONDAY	5 AM - 8 PM
TUESDAY	5 AM - 8 PM
WEDNESDAY	5 AM - 8 PM
THURSDAY	5 AM - 8 PM
FRIDAY	5 AM - 7 PM
SATURDAY	8 AM - 5:30 PM
SUNDAY	1 PM - 5:30 PM

COME SEE US!

AQUATICS CENTER HOURS

***FALL HOURS BEGIN MONDAY, AUGUST 24TH!**

MONDAY	ADULT SWIM 5:15-7:30 AM ADULT SWIM 9:30-11:30 AM OPEN SWIM 4:00-7:00 PM
TUESDAY	ADULT SWIM 9:30-11:30 AM
WEDNESDAY	ADULT SWIM 5:15-7:30 AM ADULT SWIM 9:30-11:30 AM OPEN SWIM 4:00-7:00 PM
THURSDAY	ADULT SWIM 9:30-11:30 AM OPEN SWIM 4:00-7:00 PM
FRIDAY	ADULT SWIM 5:15-7:30 AM *OPEN SWIM 9:30-11:30 AM OPEN SWIM 2:00-4:00 PM
SATURDAY	ADULT SWIM 8:30-10:00 AM OPEN SWIM 1:30-5:00 PM
SUNDAY	OPEN SWIM 1:30-5:00 PM

***A GREAT TIME FOR KIDS WHO NEED
OR WANT QUIET POOL PLAY!**

MAKE A SPLASH!

Cedar River Complex

Fall catalog

Wellness & Activities

September / October / November

2026

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.

EACH QUARTER, WE PUBLISH A CATALOG WITH THE CURRENT PROGRAMS, EVENTS, FITNESS CLASSES, ETC. THAT THE CRC OFFERS. 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!



Rental Spaces

Time to celebrate!

WHETHER YOU ARE CELEBRATING THE BIRTHDAY OF A LOVED ONE OR PLANNING ANOTHER UNFORGETTABLE FAMILY EVENT, THE CEDAR RIVER COMPLEX OFFERS SEVERAL AREAS TO HELP MAKE YOUR EVENT A SUCCESS!

Swim & Play Party

The Kid's Cove is a great party space that both children and their parents will love! With an abundance of toys, along with a sink and refrigerator, it serves as a fantastic venue for youth birthday parties or group gatherings. Celebrate your special day and unwrap presents in the Kid's Cove, then dive into the pool for some swimming fun!

Birthday Party Package - \$175.00

This package includes a two-hour rental of the Kid's Cove, and all attendees receive free admission to the Wellness Center/Aquatics Center.

Sport Court Rental

Host your next activity, birthday party, or family event at the sport court. Guests must be CRC members or purchase Day Passes for those 4 years of age and up (3 and under are free).

Sport Court Rental - \$25.00/hour

Sport Court Rental (for Camps/Clinics/Tournaments) - \$50.00/hour

Main Wellness Center After Hours (includes one on-site staff person) - \$175/hour

ADDITIONAL AREAS AVAILABLE FOR RENTAL:

- KID'S COVE
- LOWER LOBBY & CONFERENCE ROOM
- AQUATICS CENTER
- FINE ARTS CENTER (AUDITORIUM)
- EVENTS CENTER

SCAN THE QR CODE & TELL US ABOUT THE DATE/EVENT YOU'RE INTERESTED IN HAVING AT THE CEDAR RIVER COMPLEX OR FOR ADDITIONAL INFO!



Personal Training

PERSONAL TRAINING IS A RESULT-DRIVEN EXERCISE PROGRAM DESIGNED SPECIFICALLY FOR YOU. LET OUR PERSONAL TRAINER ASSIST YOU IN FEELING BETTER, MOVING BETTER, AND IN GAINING MORE ENERGY TO ENHANCE YOUR QUALITY OF LIFE.

MATT MOBERG WILL WORK WITH YOU TO DISCOVER THE AREAS OF YOUR WELLNESS YOU WOULD LIKE TO IMPROVE, SET GOALS, AND WORK TOWARD ACHIEVING THEM.

Youth Personal Training

Consultation - \$20.00
(must be completed before registering for Personal Training sessions)

Private Sessions:

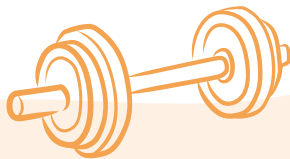
1 Session - \$35.00
4 Sessions - \$120.00
8 Sessions - \$240.00
12 Sessions - \$360.00
20 Sessions - \$480.00

Semi-Private Sessions:

1 Session - \$30.00 per person
4 Sessions - \$100.00 per person
8 Sessions - \$200.00 per person
12 Sessions - \$300.00 per person
20 Sessions - \$400.00 per person

Group Private Sessions:

1 Session - \$20.00 per person
(3-5 participants allowed), per session
1 Session - \$10.00 per person
(6+ participants), per session



WHAT IS 24HOURFit+?

A place to work on your fitness and health goals - all day and all night. It's a 24-hour accessible space for community members and guests, complimented by essential partnerships, 24HourFit+ expands on the overall vision of the Cedar River Complex.

MEMBERSHIP

Here's how it works!

Option One

Add on to your existing CRC membership for only \$7 per person, per month!
**Includes access to 24HourFit+ and CRC Wellness Center*

Option Two

Membership to ONLY 24HourFit+
**Includes access to 24HourFit+ with a \$25 Activation Fee*
**Monthly payments processed on the 1st of each month*

Youth - \$35 a month
**Membership for ages 14-15 from the hours of 5 am to 10 pm*

Single - \$35 a month
**Membership for ages 16+ with 24 hour access*

BECOME A MEMBER TODAY!

Visit www.cedarrivercomplex.com for more info!



PASSES

Visiting the area? Interested in trying out 24HourFit+? Check out the options we have for guests!

Membership

At the Cedar River Complex

A CRC MEMBERSHIP IS BASED ON AN ANNUAL CONTRACT. YOU CAN OPT TO PAY THIS ANNUAL CONTRACT IN 12 MONTHLY PAYMENTS OR BY ONE PAYMENT OF THE ANNUAL FEE.

A \$25.00 ACTIVATION FEE WILL BE CHARGED IN ADDITION TO THE MEMBERSHIP FEES TO START YOUR MEMBERSHIP.

NOTE: A \$50 FEE FOR ANY MEMBERSHIP CANCELLED WITHIN THE FIRST YEAR OF SIGNING UP WILL BE ISSUED AT TIME OF CANCELLATION.

CRC WELLNESS CENTER MEMBERSHIP RATES

MEMBERSHIP TYPE	MONTHLY	ANNUAL
Youth	\$22.00	\$264.00
Young Adult	\$26.00	\$312.00
Single	\$35.00	\$420.00
Couple	\$46.00	\$552.00
Family	\$60.00	\$720.00
Senior Single	\$28.00	\$336.00
Senior Couple	\$40.00	\$480.00

WELLNESS CENTER PLUS 24HOURFIT+ MEMBERSHIP RATES

MEMBERSHIP TYPE (MONTHLY ADD-ON)

Youth	\$7.00
Single	\$7.00

SCAN HERE FOR MORE DETAILS & DESCRIPTIONS OF MEMBERSHIP OPTIONS



24HOURFIT+ MEMBERSHIP RATES

MEMBERSHIP TYPE (MONTHLY ONLY)	
Youth	\$35.00
Single	\$35.00

WELLNESS CENTER PASSES

Day Pass Youth - (Age 4 to 18) - \$8
Day Pass Adult - (Age 19+) - \$12
10 Day Punch Pass - \$80
30 Day Consecutive Pass - \$85
**Children 3 and under are free with a paying adult*

24HOURFIT+ PASSES

Day Pass - (All Ages 14+) - \$12
30 Day Consecutive Pass -
Youth (Ages 14-15) - \$70
Adult (Ages 16+) - \$70

Programs & Events

Intro to Line Dancing

Wednesdays – September, October, November

@ 4:30–5:15 pm

**Check the monthly fitness class schedule for
specific dates each month!*

Dust off your boots and get ready to move your
body & challenge your mind! Intro to Line
Dancing, led by Janean Kolbet, is sure to get
your heart pumping while learning new moves!

\$6 CRC members (per class)

// \$9 guests (per class)

Just Dance for Kids

Fridays – September, October, November

@ 2:15–3:15 pm (Youth Grades 4th–8th)

**Check the monthly fitness class schedule for specific
dates each month!*

Fridays plus an early out just make us feel like
dancing! 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!

\$6 CRC members (per class)

// \$9 guests (per class)

Gymtime for Littles

Fridays – September 4, 18 October 2, 16 November 6

Wednesdays – October 14 November 25

@ 10:30–1:00 pm (Ages 2–6)

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).*

\$6 CRC members (per class)

// \$9 guests (per class)

Gaga Ball

Fridays – September, October, November

@ 2:30–3:30 pm (Youth Grades 4th–8th)

**Check the monthly fitness class schedule for specific
dates each month!*

We are “Gaga” for our Friday early outs this year!
Grab your friends and sign up for an hour of Gaga
Ball in the racquetball court. It will be fun play while
we sneak in some exercise every Friday this fall!

\$6 CRC members (per session)

// \$9 guests (per session)



Swim Lessons

WOULD YOU LIKE TO LEARN HOW TO SWIM OR HOW TO BE COMFORTABLE IN THE WATER? OUR CRC SWIM
INSTRUCTORS FOCUS ON THE SPECIFIC NEEDS OF EACH INDIVIDUAL, OF ANY AGE LEVEL, INCLUDING ADULTS!

Private Lessons

Private swim lessons provide one-on-one attention and flexibility for swimmers of all ages and skill levels.

5 sessions (30 minutes each) \$105.00 CRC member // \$140.00 guest

Semi-Private Lessons

*Semi-private swim lessons are designed for 2 students who are similar in age and skill level with 1
instructor. Must be pre-approved by the Aquatics Center Manager to qualify. We will match you with an
instructor according to your needs and time of day you are available. Our instructor will then contact you
for the dates and times for your private lessons!*

5 sessions (30 minutes each) \$85.00 per CRC member // \$115.00 per guest

Group Swim Lessons

*Swimming lessons are essential for children and offer numerous advantages! Kids will gain confidence in
the water while enhancing their swimming abilities. We provide various levels for children aged three and
older, ranging from introductory classes to advanced refinement sessions. You can find our swim lesson
levels by scanning the QR code. Group swim lessons are offered several times throughout the year.*

6 sessions (30 minutes each) \$40.50 CRC member // \$62.30 guest

Parent & Me

*This class will help develop swimming readiness by leading parents and their children in water exploration
activities. A positive and encouraging class environment nurtures children to build confidence in the water.
This class is designed for children ages 6 months through 3 years.*

5 sessions (30 minutes each) \$30.00 CRC member // \$42.00 guest

**Group Swim
Lesson Levels**



Kid's Cove (Supervised Childcare)

SUPERVISED CHILDCARE IS PROVIDED IN THE KID'S COVE SO PARENTS/GUARDIANS CAN UTILIZE THE
WELLNESS CENTER AND/OR 24HOURFIT+. THIS SERVICE IS AVAILABLE FOR CHILDREN IN 3RD GRADE AND
UNDER.

Kid's Cove Hours Monday through Friday 8:30 - 11:00 AM

Full Body Step

Instructor: Hillary Morris

Step aerobics is an up-tempo way to get your heart pumping and stay fit. Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories! Research has even shown that doing step aerobics can boost mood and energy levels.

Hydro-Fit

Instructors: Carrie Barker, Lisa Cockrum

You will burn calories and have a complete muscle workout doing water exercises in the shallow end of the lap pool and the lazy river. We will use a variety of aquatic accessories including water dumbbells, noodles, and kickboards.

Intro to Line Dancing

Instructor: Janean Kolbet

Dust off your boots and get ready to move your body & challenge your mind! Intro to Line Dancing is sure to get your heart pumping while learning new moves!

Masters Swim

Instructor: Mark Miller

From new swimmers to State Champions, all adult swimmers are welcome at CRC Masters Lap Swim! Members support and encourage each other as we set realistic fitness goals. Our number one goal is to learn and/or improve your strokes. Additionally, to learn how to incorporate swimming into your regular fitness routine. The last goal is to learn to set goals and grow into a competitive swimmer.

Mature Mobility

Instructor: Matt Moberg

A chair-based fitness class using light weights, tubing, and weighted balls for a full-body, core involved, balance and strength enhancing workout. The idea is to work on basic movement that will help us with our quality of life and longevity.

Poolside Yoga

Instructor: Jolene Norby

Do you love yoga? Imagine a warm space, the trickling sounds of water, calming music and scents that relax your body and mind. Follow along with Jolene Norby during this forty five minute class that takes place on the pool deck and feel your worries slip away! Comfortable athletic clothing is recommended. .

Tai Chi : Yang 24

Instructor: Deneen Schweiger

The most popular style of Tai Chi. It is comprised of slow, gentle, and expansive movements. It improves health and wellness and can be practiced for a lifetime.

Water Well-Being

Instructor: Mark Miller

Join Mark as he shares gentle, yet challenging moves in the water that will make you feel great! This class is for anyone that wants to get in the water. Dumbbells are used for strength exercises as well to incorporate arm and abdominal muscles. All exercises can be modified to fit your personal needs.

Yoga

Instructor: Jolene Norby

Focus on breathing, beginner & intermediate postures, and meditative awareness. Work at your own level! This class is sure to leave you relaxed and focused to take on the rest of your week.

Not sure where to start on your workout routine? Let us show you how to safely utilize the equipment on the fitness floor and/or 24HourFit+ (if applicable). Stop by the CRC Welcome Desk or give us a call to schedule a complimentary equipment orientation!

Youth SAQ

(Strength, Agility, & Quickness)

Mondays/Wednesdays – September 2, 9, 14, 16, 21, 23, 28, 30 November 2, 4, 9, 11, 16, 18, 23, 25, 30

@ 3:30–4:15 pm (Youth Grades 5th–8th)

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. *Athletic shoes required.

\$6 CRC members (per class)
// \$9 guests (per class)

Chair Massage

by Grace’s Therapeutic Massage

Thursdays – September 10, 24 @ 10:00–3:00 pm

Treat yourself to a soothing experience as Grace works her magic, helping to melt away stress and tension. Whether you’re looking to unwind after a busy week or simply want to take a moment for self-care, these chair massages are designed to rejuvenate both body and mind. Remember to pre-register to secure your spot and indulge in this calming retreat.

*Pre-registration and pre-payment is required; visit the following website for more info or to book your spot:
<https://graces-therapeutic-massage.square.site/>



Scan for more info!

Extended Pool Hours!

Dive into the fun during our extended pool hours!



September

WEDNESDAY 9/2
{1:30-6:30 PM}

October

MONDAY 10/5, 10/12
{1:30-6:30 PM}

WEDNESDAY 10/14
{1:30-6:30 PM}

November

WEDNESDAY 11/4, 11/18, 11/25
{1:30-6:30 PM}



Poolside Yoga

Thursdays – September 10, 24 October 8, 22 November 12, 19

@ 11:45–12:30 pm

Do you love yoga? Imagine a warm space, the trickling sounds of water, calming music and scents that relax your body and mind. Follow along with Jolene Norby during this forty five minute class that takes place on the pool deck and feel your worries slip away! Comfortable athletic clothing is recommended.

\$6 CRC members (per class)
// \$9 guests (per class)

Toddler Gym & Tumble

Mondays – September 14, 21, 28

October 12, 26 November 9, 23 @ 5:30–6:30 pm

Friday – September 11 @ 8:30–9:30 am

Join us for a mix of activities that promote physical development and creativity through play. Our friendly instructors ensure 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.

\$6 CRC members (per session)
// \$9 guests (per session)

Boxercise Group Potluck

Friday – September 11th

@ 8:30–11:30 am CRC Wellness Center Lobby

Have you heard the excitement surrounding the CRC’s awesome Boxercise program? We warmly invite newcomers to join us for a complimentary class on Friday, September 11th. After the session, stick around for a potluck with fellow participants, and discover more about Boxercise and its positive benefits. *Note: class is from 8:30-9:45 am, with the potluck to follow.

***Free class for new participants on Friday, September 11th**

Pool Closed for Maintenance



Monday, September 14th
through Thursday, October 1st

The Aquatics Center will be closed to replace the pool liner. We will reopen as soon as possible, stay updated via our CRC Facebook page or join our text alert system. Simply text the word “JOIN” to 641-832-3600.

Sips & Services

Mondays – September 28 October 26 November 23

@ 10:15–11:00 am CRC Wellness Center Lobby

Looking for local resources, helpful information, and a chance to connect with your community? Join us for Sips & Services, a free monthly come-and-go event where you can enjoy a cup of coffee while learning about the organizations, businesses, and services available right here in Mitchell County. Each month we’ll welcome a different local business, non-profit, or community partner to share what they do, answer any questions, and highlight programs and services that can benefit you and your family.

Monday, September 28th -
Mitchell County Home Health
Monday, October 26th -
Mitchell County ISU Extension
Monday, November 23rd -
Edward Jones

Come for the coffee. Stay for the conversation. Leave with valuable resources.

***Free event hosted by Mitchell County Public Health & Mitchell County ISU Extension & Outreach - everyone is welcome! No registration required.**

Fitness Classes

JOIN THE POSITIVE AND ENERGIZING ENVIRONMENT OF CRC FITNESS CLASSES! OUR WELLNESS COACHES ARE EAGER TO CHALLENGE, MOTIVATE, AND ASSIST YOU IN ACHIEVING YOUR PERSONAL WELLNESS GOALS.

NEW SESSIONS OF FITNESS CLASSES ARE OFFERED EACH MONTH. REFER TO THE MONTHLY BROCHURE FOR CURRENT CLASS OFFERINGS. DROP-IN CLASSES ARE A GREAT WAY TO TRY A CLASS TO SEE IF YOU ENJOY IT AND THEY ALSO ADD VARIETY TO YOUR WORKOUT ROUTINE!

MONTHLY FITNESS CLASSES:

20-30 minute class: \$3.00 CRC members // \$4.50 guests

45-60 minute class: \$6.00 CRC members // \$9.00 guests

Current Fitness Classes

Adult Intro to Swimming

Instructor: Mark Miller

Learn to swim for fitness goals or simply to learn how! This class will cover strokes, drills, clock management, and techniques used by swimmers everywhere. Learn to swim at your own pace. Come to as many classes as you'd like – drop-ins are also welcome!

Boxercise

Instructor: Nicole Dodd/Matt Moberg

Boxing is an easy and fun way to help with your cardio and build strength to get the most out of your workout. This kind of workout also has a mental challenge because of the movements and rhythms to help you become physically and mentally fit. Boxercise can help those with Parkinson's Disease and who are 50 years and older to develop better coordination, balance, and fine motor skills.

Brunch Crunch

Instructor: Nicole Dodd

A morning break to get you up and moving for 20 minutes! Sneak in a quick workout during your workday to boost concentration and endorphin levels.

Cardio Box

Instructor: Melinda Darrow/Carol Tesch

Cardio plus boxing - helps to get your heart pumping to kick start your day!

Core Strength & Balance

Instructor: Jolene Norby

For maturing individuals, who want to improve their core balance and stability. This class will help you develop better posture, strength, and flexibility while challenging your core.

Cycling

Instructors: Melinda Darrow, Ardi Gisleson, Bill Carlson

Indoor cycling is a high intensity, calorie-blasting workout you will enjoy on our top-of-the-line stationary bikes. Cycling is great exercise for toning and shaping your body and for increasing your cardiovascular health.

Dance Cardio

Instructor: Bethanie Lane

This class is sure to get your body moving. Move to the music with an organized dance routine that will be fun and calorie burning at the same time. You do not need to know how to dance to take this class, just come and have some fun!

Merry Market

Friday – November 20th @ 5:00–8:00 pm CRC Events Center

Let’s get festive! Take part in a variety of Holiday theme stations at Merry Market at the CRC Events Center this holiday season.

- MERRY MAKERS - Craft Stations:**
- **Create Your Own Porch Pot** - \$65 per pot
(Includes spruce tops & accent evergreens, a bow, pot and soil. Get creative and add on additional seasonal stems, pinecones, etc. that are available for purchase!)
 - **Milkhouse Candle Candle Bar** - \$10 per candle
 - **Holiday Theme Canvas & Ornament Painting**
 - **Holiday Tray Decor**

ELVES IN ACTION - Silent Auction Fundraiser
While you’re busy creating and crafting, be sure to stroll through the silent auction items donated by local businesses! All proceeds from the silent auction will go towards deserving families and seniors in Mitchell County.

SNACKS & SIPS - Appetizers by Cedar Valley Seminary & CRC Cash Bar



**CEDAR RIVER
YACHT CLUB PRESENTS . . .**

12 Hour Swim Challenge

Saturday – December 12th 8:00 am–8:00 pm

Complete a swim goal of your choice within 12 hours. That’s right—12 hours! You don’t have to swim; walking in the lazy river or the zero-depth pool is perfectly acceptable! Throughout the 12-Hour Swim Challenge, food, drinks, and prizes will be provided. Come and reconnect with old friends and make new ones! Stay tuned for more info.

Thanksgiving Week Events

Thanksgiving Fitness Week

Monday–Friday – November 23rd–28th

Here at the CRC we’re thankful for so many things! This week we’d like to thank our members and guests by offering half price classes to anyone who brings in a shelf stable food or cash donation for the Mitchell County Food Bank. Fitness class schedules will be available as we get closer to Fitness Week.

Bake Sale

Mon/Tues/Wed – November 23, 24, 25

Starting at 9 am until close

The holidays are a time to be grateful and share joy with friends and family. The CRC will host a bake sale to help you prepare for your holiday gatherings. So as you do your Holiday baking, consider making some extras to bring to our bake sale – proceeds will be put towards the purchase of a new Octane bike for the CRC fitness floor!

Friendsgiving

Tuesday – November 24th @ 12:00 pm

Everyone is welcome to attend our fall gathering of thanksgiving! The CRC will supply the main course along with two sides, guests are asked to bring a side, salad, or dessert to share! Join us as we give thanks for our whole CRC family. **Please RSVP by Wednesday, November 18th so we can plan accordingly!*

Turducken Swim

Thursday – November 26th @ 7:00–8:00 am

During Thanksgiving Week take part in the “Turducken Swim” on Thursday, November 26th from 7-8 am! Pre-registration accepted only - \$6.00 CRC members, \$9.00 guests.

Blood Pressure Checks

Mondays – September 28* October 26 November 23

@ 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!

***Note: on September 28th, a Flu Clinic will be offered in addition to BP checks, from 10:00-11:30 am.**

Women’s Health Day

Wednesday – September 30th (All day events)

Women hold essential roles in society from life givers and caretakers, to economic contributors, to foundational pillars of their families and communities. Join us as we take time to prioritize the health of the women in our community. Various leaders from our community will have booths set up at the CRC Wellness Center, sharing information on important topics regarding women’s health.

- Organizations Involved:**
- Street Chiropractic
 - Lori Tesch, Certified Functional Medicine Coach
 - MCRHC (Dietary information, Mammogram information, Continence Care)
 - Mitchell County Public Health
 - Groovy Greens
 - Hope for Life
 - Elementary Natural Health
 - Tai Chi with Deneen and more!

***Free event - everyone is welcome!**

ISU Extension Series: Your Path to Wellbeing

Wednesday – September 30th @ 10:00 am

‘Routines for Resilient Living’ - this free session is intended to increase people’s understanding of how stress affects the body - and healthy ways to manage stress.



TRX

Tuesdays – September, October, November @ 5:30–6:15 pm

Fridays – September, October, November @ 5:30–6:15 am

**Check the monthly fitness class schedule for specific dates each month!*

Join Matt Moberg or Jill Witt for a challenging workout using suspended TRX handles which promote muscle recruitment, stability, and core engagement during this forty five minute fitness class. TRX is designed as a more intermediate to advanced level of exercise. **Class size is limited to 6, please register as soon as possible.*

\$6 CRC members (per class)
// \$9 guests (per class)

CRC Bingo

Thursdays – October 1 November 5 December 3

@ 10:30–11:30 am

Get ready to play! Come for a morning of socialization, snacks, & everyone’s favorite game – Bingo. Pre-registration is strongly encouraged for planning purposes for this free event, those who pre-register will be entered in a door prize drawing! Light refreshments will be provided.

***Free event - monetary or prize donations are greatly appreciated.**

Pool Carnival & Half Price Swim Day

Saturday – October 3rd

Pool Carnival Activities 1:30 to 3:00 pm

1/2 Price Swim 1:30 to 5:00 pm

Come for a splashing good time at the CRC Pool Carnival! Enjoy a variety of pool games and activities throughout the event. While you’re there, don’t forget to sign up for Group Swim Lessons starting on October 6th!

Group Swim Lessons

Tuesdays – October 6, 13, 20, 27 November 3, 10

30 minute sessions @ 3:30 pm, 4:00 pm, 4:30 pm, 5:00 pm

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 by scanning the QR code. **Please note that pre-registration for lessons is mandatory.**

Register by calling the CRC Welcome Desk (641-832-3600). Payment due at the time of registration.



\$40.50 CRC members // \$62.30 guests

Parent & Me Swim Lessons

Tuesdays – October 6, 13, 20, 27 November 3

@ 5:30–6:00 pm Children ages 6 months – 3 years

This class will help develop swimming readiness by leading parents and their children in water exploration activities. A positive and encouraging class environment nurtures children to build confidence in the water.

\$30 CRC members // \$42 guests

Live Healthy Iowa Walk

Wednesday – October 7th @ 11:00 am

Let’s “Pack the Track”! Invite your friends to join you and get some extra steps together on our awesome elevated indoor track at the CRC. This walk is in coordination with Live Healthy Iowa’s annual Fall Walk.

***Half price day pass for all guests**

Winter Sports Training Camp

Boys: Mon/Wed/Fri – October 12, 14, 16*, 19, 21, 23*, 26, 28, 30*

@ 3:30–4:15 pm

Girls: Tues/Thurs/Fri – October 13, 15, 16*, 20, 22, 23*, 27, 29, 30*

@ 3:30–4:15 pm

*Boys & Girls Combined: Friday – October 16, 23, 30

All 7th and 8th graders are welcome to participate in this conditioning class designed to increase strength, stamina, speed, and agility for upcoming Wintertime sports. Matt Moberg will be instructing this camp, the more sessions attended, the better!

\$6 CRC members (per class)

// \$9 guests (per class)

Pet Portrait Painting

Thursday – October 8th @ 6:00 pm Ages 12+

Spend your night creating a masterpiece of your beloved pet with local artist, Cat Toennisson. Whether you're a beginner or an experienced painter, Cat's guidance will help you capture the unique personality and charm of your furry friend. All necessary materials, including paints, brushes, and canvases, will be provided.

***Pre-registration is required**

\$25 flat fee, per portrait

Pumpkin Decorating Contest

Pumpkin Decorating Day: Monday – October 12th

@ Come-and-go event from 9:00 am to 4:00 pm

Grab your pumpkin (located at the CRC for \$10 each) and create a Halloween masterpiece. We'll provide supplies to decorate your pumpkin (feel free to bring your own in also!) and once your pumpkin is finished, you're welcome to take it home or you can enter it into our Pumpkin Decorating Contest Fundraiser.

Contest Pumpkin turn in by: Thursday – October 15th

Join us for a delightful Halloween celebration! Decorate a pumpkin and bring it to the CRC for a chance to win our pumpkin contest. Categories include: spookiest, prettiest, most unique, most classic, and sport theme. Prizes will be awarded to both youth and adult winners in each category. The decorated pumpkins will then be sold, with the proceeds going towards new fitness equipment.

Bringing your own pumpkin for the contest?

Only \$5 per entry!

Concordia University Chicago Combined Music Tour

Friday – October 16th @ 7:00 pm CRC Auditorium

Join Concordia University Chicago for their Fall Music Tour! Three music groups will perform including The Kapelle, Wind Symphony, and Chamber Orchestra. Hosted by Immanuel Lutheran Church in St. Ansgar along with other area Lutheran churches.

***Free Will Donation**

COMMUNITY EVENT - LET’S GET SOCIAL



Pumpkin Float

Thursday – October 22nd

@ 4:00–6:00 pm CRC Aquatics Center

Join us at our annual fall event! Swim and search for your numbered pumpkin in the pool & have fun decorating it afterwards on the pool deck! Open for all youth up to middle school ages. ***Parent/guardian must be in the pool with any child in 4th grade or younger.**

\$5 CRC members, per pumpkin

\$7 non-members, per pumpkin

Toddler Gym & Swim

Fridays – October 23 November 20 @ 8:30–9:30 am

(Ages 2–6) CRC Wellness Center Sport Court/Pool

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.*

\$6 CRC members (per session)

// \$9 guests (per session)

CRC Swim Club

Mon/Wed – November 16, 18, 23, 25, 30 December 2, 7, 9,

14, 16, 21, 23, 28, 30 January 4, 6, 11, 13, 18, 20, 25, 27

@ 3:30–4:30 pm

CRC Swim Club focuses on self-improvement through stroke refinement, turns, dives, and timed drills. It is a great next step for students after they have completed swim lessons and for those with a growing interest in swimming.

\$6 CRC members (per class)

// \$9 guests (per class)

