

Youth Holiday Programs

- 12/23 - **Cookie Decorating & Crafts with Cat** 1:30-3:00 PM
K-8th Grade {\$9 members/\$12 guests}
- Wallyball Game** with High School Helpers 1:30-2:30 PM
5th-8th Grade {\$6 members/\$9 guests}
- 12/26 - **Toddler Tumbling** 10:00-10:45 AM {\$6 members/\$9 guests}
- Middle School Super Cycling with Bill Carlson** 10:15-11:00 AM
{\$6 members/\$9 guests}
- Winter Craft & Snacks** 11:15-12:30 PM
3rd-8th Grade {\$9 members/\$12 guests}
- Kickball** with High School Helpers 12:30-1:30 PM
5th-8th Grade {\$6 members/\$9 guests}
- 12/29 - **Gymnastics with Ava Witt** {\$6 members/\$9 guests}
9:00-9:45 AM (Ages 3 & 4)
10:00-10:45 AM (Ages 5 & 6)
11:00-11:45 AM (Ages 7 & Up)
- Youth SAQ (Strength, Agility, & Quickness) with Matt Moberg** 11:15-12:15 PM
{\$6 members/\$9 guests}
- Dodgeball** with High School Helpers 2:00-3:00 PM
5th-8th Grade {\$6 members/\$9 guests}
- Yoga with Jolene Norby** 2:00-2:45 PM
Middle & High School Ages {\$6 members/\$9 guests}
- 12/30 - **Basketball Clinic** with High School Helpers {\$6 members/\$9 guests}
Boys: K-3rd Grade 12:00-1:00 PM; 4th-8th Grade 1:00-2:00 PM
Girls: K-3rd Grade 2:00-3:00 PM; 4th-8th Grade 3:00-4:00 PM
- Step, Bop, & Dance with Hillary Morris** 12:30-1:30 PM
2nd-8th Grade {\$6 members/\$9 guests}
- Holiday Movie & Popcorn** 1:00-3:00 PM
2nd-6th Grade {\$7 members/\$10 guests}
- 12/31 - **Giant Volleyball** 10:00-11:00 AM
5th-8th Grade {\$6 members/\$9 guests}
- 1/2 - **Nerf Attack** 1:00-2:30 PM - Bring your own Nerf guns & ammo! Eye protection is required; racquetball glasses available at the Welcome Desk for use.
2nd-6th Grade {\$6 members/\$9 guests}
- 1/4 - **Osage Football Celebrate & Tailgate** 4:00-7:00 PM
Spend time in the pool, enjoy a pizza party, & play some football in the sport court!
All Youth Ages {\$10 flat rate}

* Holiday Hours *

***CRC Wellness Center - Closed**

Thursday, December 25th + Thursday, January 1st

***CRC Wellness Center - Open until noon**

Wednesday, December 24th + Wednesday, December 31st

24HourFit+ - Open ALL DAY & ALL NIGHT!

Extended
Pool Hours!

(All other pool times are scheduled as normal)

December 26th (1:30-3:30 PM)
December 29th (1:30-7:00 PM)
December 30th (1:30-3:30 PM)

**Cedar River
Complex**

MEET - PLAY - LEARN - ENJOY

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



December

Monthly Schedule
2025

**Cedar River
Complex**

MEET - PLAY - LEARN - ENJOY

***CRC Wellness Center - Closed**

Thursday, December 25th + Thursday, January 1st

***CRC Wellness Center - Open until noon**

Wednesday, December 24th + Wednesday, December 31st

24HourFit+ - Open ALL DAY & ALL NIGHT!

* mondays

CARDIO BOX

Carol Tesch

- December 8, 15, 29 @ 5:15-6:00 AM

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

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- December 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

- December 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

- December 1, 8, 15, 22*, 29 @ 10:30-11:00 AM

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

TAI CHI PRACTICE FOR BEGINNERS (YANG STYLE)

- December 1, 8, 15, 22*, 29 @ 4:00-5:00 PM

Deneen Schweiger

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

CYCLING

Ardi Gisleson

- December 1, 8, 15, 22*, 29 @ 5:15-6:15 PM

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

FULL BODY STEP

Hillary Morris

- December 1, 8, 15, 22*, 29 @ 6:30-7:30 PM

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

* tuesdays

WOMEN & WEIGHTLIFTING

Jill Witt

- December 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

Jolene Norby

- December 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

- December 2, 9, 16, 23*, 30 @ 8:30-9:30 AM

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

SENIOR BARRE FIT

Matt Moberg

- December 2, 9, 16, 23*, 30 @ 9:45-10:30 AM

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

YOGA

Jolene Norby

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

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

*wednesdays

CYCLING

Melinda Darrow

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

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

HYDRO-FIT

Carrie Barker/Lisa Cockrum

- December 3, 10, 17, 24*, 31 @ 8:00-8:45 AM

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

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- December 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

- December 3, 10, 17, 31 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

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

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

DANCE CARDIO

Bethanie Lane

- December 3, 10 @ 5:30-6:15 PM

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

CYCLING

Bill Carlson

- December 17 @ 5:30-6:15 PM

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

*thursdays

WOMEN & WEIGHTLIFTING

Jill Witt

- December 4, 11, 18 @ 5:30-6:30 AM

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

MASTERS SWIM

Mark Miller

- December 4, 11, 18 @ 6:15-6:45 AM

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

{ADULT} INTRO TO SWIMMING

Mark Miller

- December 4, 11, 18 @ 7:00-7:45 AM

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

CORE STRENGTH & BALANCE

Jolene Norby

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

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

WATER WELL-BEING

Mark Miller

- December 4, 11, 18 @ 8:30-9:30 AM

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

SPORT FIT STRENGTH

Matt Moberg

- December 4, 11, 18 @ 8:30-9:30 AM

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

INTRO TO INDOOR CYCLING

Ardi Gisleson

- December 4, 18 @ 9:45-10:30 AM

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

FULL BODY STEP

Hillary Morris

- December 4, 11, 18 @ 6:30-7:30 PM

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

*fridays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

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

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

TAI CHI PRACTICE FOR BEGINNERS (YANG STYLE)

- December 26* @ 9:00-10:00 AM

Deneen Schweiger

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

BRUNCH CRUNCH

Nicole Dodd

- December 5, 12 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

- December 5, 12 @ 10:30-11:00 AM

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

Christmas Fitness Week

Monday, December 22nd through Friday, December 26th

Proceeds from fitness classes held during the week of Christmas, will be used to purchase care package items for our troops overseas.

Note: Classes with an “*” are part of the Christmas Fitness Week

Scan here for program descriptions and additional info!



Events & Programs

Gymtime for Littles

Wednesday - December 3, 17 10:30 AM-1:00 PM

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

CRC Bingo!

Thursday - December 4th 10:30-11:30 AM @ CRC Auditorium Lobby

*Free event! Monetary or prize donations are greatly appreciated.

Get ready to play some Bingo! Come for a morning of socialization, snacks, and Bingo. This is a free event, pre-registration is strongly encouraged for planning purposes - those who pre-register will be entered in a drawing for a door prize! Light refreshments will be provided.

Toddler Gym & Swim

Wednesday - December 10th 8:30-9:30 AM @ CRC Aquatics Center & Sport Court

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

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.

Groovy Greens - Wellness Learn

Wednesday - December 10th 11:15 AM-12:15 PM @ Wellness Center Lobby

*Free event!

This is a chance for the public to learn about the amazing benefits of microgreens and how to use them in everyday meals! There will be free samples along with containers for purchase. We hope to see you there!

12 Hour Swim Relay

Saturday, December 13th 8:00 AM-8:00 PM @ CRC Aquatics Center

*Multiple Challenges available; pricing depends on Challenge that is chosen.

Swim or walk your way to a one-of-a-kind finish! Pick the goal you would be most interested in completing with the relay event. Registration includes food and drinks, participation fee, and finisher awards. Participants are welcome to come and go as they please. The goal is to finish your particular challenge before the 12 hours are up. For more info visit: www.cedarrivercomplex.com/12-hour-swim-relay

Blood Pressure Checks

Monday, December 22nd 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!