

Cedar River Complex

MEET - PLAY - LEARN - ENJOY

**CRC Wellness & Aquatics Center
closed the following date:*

Thursday, November 27th 2025

Wellness Center Hours

Monday - Thursday	5:00 am - 8:00 pm
Friday	5:00 am - 7:00 pm
Saturday	8:00 am - 5:30 pm
Sunday	1:00 pm - 5:30 pm

Aquatics Center Fall Hours*

*Check our website or Facebook for updates.

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

*A great time to bring kids
who need or want quiet pool play!

Sundays

Open Swim	1:30-5:00 PM
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Wellness & Activities

Autumn 2025 Catalog

October . November

Cedar River Complex
809 Sawyer Dr. Osage, IA 50461
641-832-3600

www.cedarrivercomplex.com



Cedar River Complex

MEET - PLAY - LEARN - ENJOY

Cedar River Complex

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.

Featuring:

- Zero-depth entry pool
- Lazy river & lap pool
- Strength equipment
- Group fitness classes
- Wedding & celebration venue
- Large and small scale family gatherings
- Meeting space
- Auditorium performances
- Inviting atmosphere
- Sport Court with elevated track
- Youth Programming
- Kid's Cove area (Supervised Childcare)
- Swimming lessons

Stay up to date
by following the CRC
on social media!

*CRC Programs/Events subject to change
- check social media for the most recent updates



CRC 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 party room both kids and parents will enjoy! Equipped with toys and games as well as a sink and refrigerator, the Kid's Cove is a great spot for youth birthday parties or group events.

Enjoy your cake and ice cream (not provided) and open presents in the party room. Afterwards, your party can resume in the pool for a fun swim!

Kid's Cove Party Package.....\$150.00

Package includes a 2 hour rental of the Kid's Cove and all attendees in the party receive free admission to the CRC Wellness Center/Aquatics Center.

The Kid's Cove area comfortably fits 30-35 people.

Sport Court

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 with a paid adult).

North Sport Court Rental.....\$25.00/hour (the full Sport Court cannot be rented)

For current pricing for Camps, Clinics, & Tournaments for Sport Court Rentals, please contact our Rental Manager.

Contact the CRC
for more information!

641-832-3600
info@cedarrivercomplex.com

Activities & Programs

SAQ {Strength, Agility, & Quickness}

**Mondays/Wednesdays - October 1, 6, 8, 13, 15, 20, 22, 27, 29
November 3, 5, 10, 12, 17, 19, 24, 26 Youth in 5th-8th Grade
3:30-4:15 PM @ CRC Wellness Center**

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

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. You do not have to participate in all of the classes, but the more classes you are involved in, the better the results! Good athletic shoes (court or running) are required. Led by Matt Moberg, CRC Sports Training Specialist.

Toddler Gym & Swim

**Wednesdays - October 1st November 5th
8:30-9:30 AM @ CRC Aquatics Center & Sport Court**

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

24HourFit+ 1st Anniversary Celebration!

Wednesday, October 1st - Friday, October 3rd

Celebrate 24HourFit+ turning one year with us! Gather together to raise a proverbial glass to the 24/7 gym that has become near and dear to our hearts. Stay tuned for more information to come!

Masters Swim

**Thursdays - October 2, 9, 16, 23, 30 November 6, 13, 20
6:15-6:45 AM @ CRC Aquatics Center**

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

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. Another goal is to learn how to incorporate swimming into your regular fitness routine. Along the way, you'll learn to set goals and grow into a competitive swimmer!

Fanatic Fridays

Fridays in September, October, & November

Show your support of your favorite team this Fall during Fanatic Fridays. A little playful banter between fans is encouraged as well. Show your team pride with your workout attire!

Additional Information

Kid's Cove - Supervised Childcare Hours

Note: Hours are subject to change, check our website or Facebook page for the most up to date hours. Visit the Welcome Desk for more information!

Monday through Friday

8:30 - 11:00 AM

Kid's Cove Punch Pass - \$40 for 10 Visits

Wednesday

8:30 - 11:00 AM

5:00-7:00 PM

Drop-In Rate - \$5 per child, per visit

Monthly Unlimited Access -

\$60 (1 Child)

\$90 (2 Children)

\$105 (3+ Children)

Text Alerts

If you would like to receive text messages to be informed about pop up fitness classes, class cancellations, weather announcements, and more - sign up today!

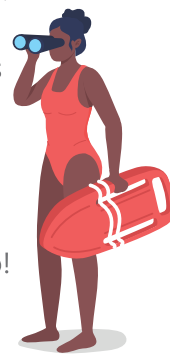
Simply text the keyword

"JOIN" to 641-832-3600

(basic text message fees may apply according to your cell phone plan)

Lifeguard Certification

Do you want to become a lifeguard at the CRC? Complete the International Lifeguard Training Program and you're on your way to working as a professional lifeguard! Lifeguards enjoy flexible hours, opportunities for wage increases, and a fun team culture. Call or email Mark, our Aquatics Manager (641-832-3600 or markm@cedarrivercomplex.com) for more info!



Rental Spaces

Whether you are celebrating the birthday of a loved one or planning another unforgettable family event, the Cedar River Complex offers several spaces and places to make your event a success!

Contact Paige, our Events & Rental Manager,
(paigeb@cedarrivercomplex.com)
to reserve your date today!

Areas available to rent:

Kid's Cove
Lower Lobby & Conference Room
Aquatics Center
Sports Court
Fine Arts Center (Auditorium)
Events Center

Personal Training

Our personal trainer on staff, Matt Moberg, will work with CRC members and guests to discover the areas of wellness they would like to improve, set goals, and work toward achieving them. Visit the CRC website to fill out an inquiry form to begin the Personal Training process!

Benefits to having a personal trainer:

- they assess your strength
- they help set goals
- a trainer has a workout plan specific to you
- a trainer holds you accountable



Youth Personal Training

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

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

Basic Adult Personal Training

Consultation - \$25.00 per person
(must be completed before registering for PT sessions)

Private -	Per Session	Total
1 Session	\$40.00	\$40.00
4 Sessions	\$35.00	\$140.00
8 Sessions	\$35.00	\$280.00
12 Sessions	\$35.00	\$420.00
20 Sessions	\$35.00	\$700.00

Elite Adult Personal Training

Consultation - \$35.00 per person
(must be completed before registering for PT sessions)

Private -	Per Session	Total
1 Session	\$60.00	\$60.00
4 Sessions	\$55.00	\$220.00
8 Sessions	\$55.00	\$440.00
12 Sessions	\$55.00	\$660.00
20 Sessions	\$55.00	\$1,100.00

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 Activation Fee** will be charged in addition to the membership fees to start your membership.

Business memberships are also available! Members that have a business account receive a **10% discount on any membership type and the Activation Fee is waived**.

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	\$20.00	\$240.00
Young Adult	\$24.00	\$288.00
Single	\$32.00	\$384.00
Couple	\$43.00	\$516.00
Family	\$55.00	\$660.00
Senior Single	\$25.00	\$300.00
Senior Couple	\$37.00	\$444.00

24HourFit+ Membership Rates

Membership Type	Monthly
Youth	\$30.00
Single	\$30.00

Wellness Center plus 24HourFit+ Membership Rates

Monthly Add-On

Youth	\$5.00
Single	\$5.00

CRC Wellness Center

Day Passes & Punch Passes

(*24HourFit+ Passes are listed on page 8)

Day Pass:

- \$7.00 for youth (ages 4-18)

- \$10.00 for adults (ages 19 and up)

*Children 3 and under are free with a paid parent, adult, or guardian.

Chaperone Fee:

- \$5.00 per person - Anyone who is visiting just to watch youth visitors

For example:

1) When a grandparent comes to watch their grandchild swim in the Aquatics Center.

2) When a parent/babysitter brings their three children to play in the sports court (and does not use the facility themselves).

Wellness Center & Aquatics Center Passes:

- 10 Day Punch Pass: \$70.00 (including tax)

- 30 Day Consecutive Pass \$75.00 (including tax)

Scan here for Membership types & details!



Equipment Orientation

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

Swim Lessons

Private - Semi Private - Group

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 members // \$140.00 non-members

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 non-member

Group Swimming Lessons

Swimming lessons are important for kids and have many benefits! Children will learn how to be comfortable in the water and build on their swimming skills. Multiple levels for children 3 and up are offered from intro classes to refinement classes. Our swim lesson levels can be found on our website.

6 sessions (30 minutes each) - take place Quarterly

\$40.50 CRC members // \$62.30 non-members

Did you know?

By equipping your child with the lifesaving skill of swimming you'll be opening doors to a lifetime of fun, fitness, and even employment opportunities!

And did you know, children can participate in swimming lessons before they can walk? Parent/child swim lessons provide water safety education and bonding opportunities that can last a lifetime.

CRC Bingo!

**Thursdays - October 2nd November 6th 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. Before Bingo, an educational topic will be discussed, presented by various local community members. **We are looking for local businesses or individual sponsors to sponsor the upcoming Bingo events. Whether this is through a monetary donation, prize donations, or providing a "celebrity" Bingo caller - please contact us for more info!*

Senior Bafre Fit

**Tuesdays - October 7, 14, 21, 28 November 4, 11, 18, 25
9:45-10:30 AM @ CRC Wellness Center**

\$7.00 CRC members (per session) // \$10.77 non-members (per session)

Using ballet inspired moves to strengthen hips, legs, glutes, calves, core, and upper body while emphasizing poise, posture, balance, and control. This class is a great next step for those who have been taking Mature Mobility (not required), led by Matt Moberg. *Note: Holding October and November dates depends on the participation in September - look for this class in the Fitness Class monthly schedule for more info!*

Group Swimming Lessons

**Tuesdays - October 7, 14, 21, 28 November 4, 11
3:30-5:30 PM @ CRC Aquatics Center
(Lessons are 30 minutes)**

\$40.50 CRC members // \$62.30 non-members



Swimming lessons are important for kids and have many benefits! Children will learn how to be comfortable in the water and build on their swimming skills. Multiple levels for **children 3 and up** are offered from intro classes to refinement classes. Our swim lesson levels can be found on our website (or by scanning the QR code above). Pre-registration for lessons are required.

Don't forget to check out the **Pool Carnival & Half Price Swim Day** on Saturday, September 27th - a great way to kick off swim lessons! More info - <https://www.cedarrivercomplex.com/pool-e>

Toddler Gym & Tumble

**Mondays - October 13th November 17th
10:00-10:45 AM @ CRC Wellness Center Sport Court**

\$6.00 CRC members (per session) // \$9.00 non-members (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 to 5 years old. Please wear comfy clothes, socks, and have clean sneakers. Pre-registration is greatly appreciated, but not required.

Football Clinic

Monday - October 13th

12:30-1:30 PM {Youth Grade 1st-4th}

1:30-2:30 PM {Youth Grade 5th-8th @ CRC Wellness Center}

\$6.00 CRC members // \$9.00 non-members

Looking to work on your football skills? This clinic is led by Osage Football players and will help participants reach their goals and increase their confidence through fun skills training. Participants will work on speed, agility, passing, kicking, and more. Meet in the CRC Lobby to begin the session, the clinic will held indoors in the event of inclement weather.

*Extended
Pool Hours!*

October 8th {1:30-6:30 pm}

October 13th {1:30-6:30 pm}

October 31st {1:30-3:30 pm - Halloween Swim!}

November 7th {1:30-3:30 pm}

November 17th {1:30-6:30 pm}

November 26th {1:30-6:30 pm}

November 28th {1:30-3:30 pm}

(All other pool times are scheduled as normal)

Stay Independent Sessions

Fridays - October 17th {Brain Health}

November 14th {Cooking for One or Two}

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

**Free workshops, provided by Mitchell County ISU Extension & Outreach*

These workshops are intended for adults of any age, wanting to know more about healthy living. To register, call the ISU Extension office!

Gymtime for Littles

Wednesdays - October 22nd November 26th

10:30 AM-1:00 PM @ CRC Wellness Center Sport Court

\$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).*

Blood Pressure Checks

Mondays - October 27th November 24th

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!

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!

EXTREME STRETCH

Instructor: Matt Moberg

A new high-level stretch class geared toward athletes who do high-level aerobic classes, dance, cardio kickbox, cycling, running, etc. The movements in this class derive from track & field, ballet, speed-skating, wrestling, and the martial arts. Participants should be properly warmed up prior to the start of this class!

HIIT

Instructor: Melinda Darrow

Join Melinda with this fast paced workout, designed to be a HIIT style class - High Intensity Interval Training. Take this class if you're looking for a quick and effective way to burn those calories!

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.

MATURE MOBILITY

Instructors: Nicole Dodd/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.

SPORT FIT STRENGTH

Instructor: Matt Moberg

A circuit-style routine combining traditional dumbbell exercises with body weight movements that challenge your strength and stability. Designed to enhance sports performance. This class is considered an advanced exercise class for athletic adults.

TAI CHI for Energy

Instructor: Deneen Schweiger

Tai Chi for Energy is a comprised of two different tai chi styles, Chen (integrates fast and slow movements with powerful spiral force) and Sun (a unique qigong [life energy] with agile steps, incorporating powerful movements for healing). These two seemingly contrasting styles have complementary internal energy. It will improve your health and wellness, internal energy and ability to manage stress.

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. 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.

WOMEN & WEIGHTLIFTING

Instructor: Jill Witt

Ready to feel strong, confident, and unstoppable? Join our women's weightlifting class - a fun, supportive space where we trade self-doubt for dumbbells and cheer each other on every step of the way! You'll learn proper lifting technique and focus on making progress in your lifting routine.

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.

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!

20 minute - 30 minute class:

\$3.00 CRC member / \$4.50 non-members

45 minute - 60 minute class:

\$6.00 CRC member / \$9.00 non-members

Current Fitness Classes:

ADULT INTRO TO SWIMMING (LESSONS)

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

Instructors: 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

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

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.

CORE STRENGTH AND 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. *Core, Strength, & Balance is available in person and live stream. If you are interested in attending live stream, please let us know!

Pumpkin Float

Thursday - October 23rd

4:00-6:00 PM @ CRC Aquatics Center

\$5.00 CRC members, per pumpkin // \$7.00 non-members, per pumpkin

Who is ready for some Fall fun? We are! Everyone is invited to our 11th annual Pumpkin Float. Here's how it works: big, small, round, oval, white, orange - you get the idea - pumpkins are plopped into the CRC pool. Each pumpkin has a number on it and each kiddo will draw a number from a basket. Search for your pumpkin and afterwards decorate it with feathers, pom poms, stickers, and more! ***The Pumpkin Float is open for all youth ages including middle schoolers, parent/guardian must be in the pool with any child in 4th grade or younger.**

CRC Swim Club - Blue

Mondays/Wednesdays - November 17, 19, 24, 26

December 1, 3, 8, 10, 15, 17, 22, 29

January 5, 7, 12, 14, 19, 21, 26, 28

3:30-4:30 PM @ CRC Aquatics Center – Swim Meet - TBD

\$200.00 CRC members // \$250.00 non-members

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. Participants are invited to be a part of the CRC Swim Meet at the end of the program - date to be announced.

CRC Swim Club - Silver

Tuesdays - November 18, 25 December 2, 9, 16, 23, 30

January 6, 13, 20, 27 3:30-4:30 PM @ CRC Aquatics Center

\$100.00 CRC members // \$150.00 non-members**

An extension of CRC Swim Club Blue! This program focuses more on competitive swimming and goal times. Swimmers should know pacing, clock management, and all four competitive strokes prior to registering for CRC Swim Club Silver. ***Participants need to speak to Mark Miller (CRC Aquatics Center Manager) prior to registering and may need to try-out; email Mark (mark@cedarrivercomplex.com) for more info!**

Fall Bake Sale

Monday, November 24th & Tuesday, November 25th

Employees, guests, & members are invited to share some home baked goodies with us at the CRC - just in time for Thanksgiving! Stop by and pick up some lovely treats to share at your holiday gatherings. Interested in bringing goodies to share? Bring them in anytime on Monday or Tuesday! A sign-up will be located at the CRC Welcome Desk. Proceeds go towards Boxercise and Mature Mobility supplies.

CRC Friendsgiving

Monday - November 24th @ 12:00 PM

Join the CRC staff as we thank our volunteers for their hard work, our members for their friendship, and our staff for making the CRC such a special place to gather. The main dish will be provided along with a side dish with water/coffee. Feel free to bring a side dish to share - please RSVP by Thursday, November 20th! A \$3.00 cost is requested for guests (does not include CRC volunteers). Meet in the CRC conference room and lower lobby area!

Philip Daniel - Musical Performance

Monday - November 24th @ 6:00-7:30 PM CRC Krapek Family Fine Arts Center

Originating from Lincoln, Nebraska, Daniel is a distinguished pianist and composer, acclaimed for his ability to evoke powerful emotions through his music. Daniel's compositions resonate with both seasoned musicians and casual listeners. Tickets will be available at the CRC Welcome Desk - more info to come!

CEDAR RIVER COMPLEX



CEDAR RIVER
YACHT CLUB

12 HOUR SWIM
CHALLENGE

Saturday
December 13th

8:00 AM - 8:00 PM

THE 12 HOUR SWIM CHALLENGE
IS COMING IN DECEMBER!

COME AND GO AS YOU PLEASE,
YOU HAVE 12 HOURS TO COMPLETE
YOUR SWIMMING AND EARN
YOUR FINISHER AWARD!

Finisher medals for 1 mile, 5k,
5 miles, 10k, and 13 miles!



MORE
INFO HERE!

[HTTPS://WWW.CEDARRIVERCOMPLEX.COM/24-HOUR-SWIM-RELAY](https://www.cedarrivercomplex.com/24-hour-swim-relay)



24HOURFit+

FITNESS. HEALTH. LIFESTYLE. WELLNESS.

JOIN TODAY!

MEMBERSHIP

Here's how it works!

Option One

Add on to your existing Cedar River Complex membership for only \$5 per person, per month!

*Includes access to 24HourFit+ and Cedar River Complex 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 - \$30 a month

*Membership for ages 14-15 from the hours of 5 am to 10 pm

Single - \$30 a month

*Membership for ages 16+ with 24 hour access

BECOME A MEMBER TODAY!

Scan the QR code to download the
GymMaster App and start your membership!

Google Play Store
(Android)



Apple Store
(iPhone)

PASSES

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

Youth Pass Options

Youth Day Pass (\$10 per pass) - applicable for ages 14-15.

Pass must be used on the date of purchase and will expire at 10 pm on the purchase date.

Youth 30 Day Consecutive Day Pass (\$60 per pass) - valid for 30 days from purchase date for ages 14-15 from the hours of 5 am to 10 pm.

Can only be used by the purchaser of the pass.

Adult Pass Options

Day Pass (\$10 per pass) - applicable for ages 16+. Pass must be used on the date of purchase and will expire at 11:59 pm on the purchase date.

30 Day Consecutive Day Pass (\$60 per pass) - valid for 30 days from purchase date for ages 16+. Can only be used by the purchaser of the pass.