

- Wednesday, February 28th @ 11:15 AM-12:15 PM
CRC Wellness Center Lobby - Free Course!

It is possible to save time and money and still prepare foods at home that are healthy and tasty. **Cooking for One or Two** is the topic for this wellness course. Learn strategies to make the most out of cooking for a household of one or two. Target audience are adults of any age, minimum of 7 participants in order to hold the course.

♥ Youth & Family Programs

SENSORY SWIM

- Fridays - February 2, 9, 16 @ 8:30-9:30 AM - CRC Aquatics Center
\$7.00 CRC member (per session) // \$10.77 non-member (per session)

This newer program is designed for toddlers and children who are on the autism spectrum or with other sensory needs. Many of the swim features are turned off or closed at this time, including the dump buckets and bubblers. This makes for a calmer atmosphere for children to explore during this program. Each swimmer must be accompanied one-on-one in the water at all times by a parent or guardian. ***Pre-registration is preferred for this program.**

TODDLER GYM & SWIM

- Wednesday - February 7th @ 8:30-9:30 AM - CRC Sport Court & Aquatics Center
\$7.00 CRC member // \$10.77 non-member

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. Please have your child 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. Parents/guardians of children ages 3-5 are welcome to stay for the class, but do not have to (please do remain in the CRC building though) - **2 year olds must be accompanied by a parent /guardian.**

GYMTIME FOR LITTLES

- Wednesday - February 14, 21 @ 10:30 AM-12:00 PM - CRC Sport Court
\$7.00 CRC member (per session) // \$10.77 non-member (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.**

GYM & TUMBLE

- Wednesday - February 28th
\$7.00 CRC member (per session) // \$10.77 non-member (per session)
Ages: 2-5 years

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 2-5 years old. Please wear comfy clothes, socks, and have clean sneakers.

Level 1 - 8:45-9:30 AM

- Child is not able to complete physical activities independently
- Can participate in a group **with** some assistance
- Parent is recommended to stay initially

Level 2 - 9:30-10:15 AM

- Child is able to complete physical activities independently
- Can participate in a small group **without** assistance
- Has taken this course previously

♥ ***Kid's Cove (Supervised Childcare) - February hours**
Mondays-Fridays 8:30-11:00 am Wednesdays PM 5:00-7:00 pm
(AM Hours are 8:30-11:00 AM as usual)

♥ CRC Capital Campaign

If you would like to give a special gift to the Cedar River Complex Capital Campaign, you can do so by scanning the QR code! Every gift helps. Thank you!



February 2024

Monthly Schedule

CEDAR RIVER COMPLEX

♥ Mondays

CARDIO BOX

- February 5, 12, 26 @ 5:15-6:00 AM
\$6.00 CRC member per class // \$9.00 non-member per class

Carol Tesch

BOXERCISE

- February 5, 12, 19, 26 @ 8:30-9:45 AM
\$6.00 CRC member per class // \$9.00 non-member per class

Nicole Dodd

MATURE STRENGTH FOR MOBILITY

- February 5, 12, 19, 26 @ 10:30-11:00 AM
\$3.00 CRC member per class // \$4.50 non-member per class

Nicole Dodd

LUNCH CRUNCH

- February 5, 12, 19, 26 @ 12:05-12:25 PM
\$3.00 CRC member per class // \$4.50 non-member per class

Nicole Dodd

BASIC TAI CHI

- February 5, 12, 19, 26 @ 4:00-5:00 PM
\$6.00 CRC member per class // \$9.00 non-member per class

Deneen Schweiger

CYCLING

- February 5, 12, 19, 26 @ 5:30-6:30 PM
\$6.00 CRC member per class // \$9.00 non-member per class

Ardi Gisleson

♥ Tuesdays

HIIT

- February 6, 13, 20, 27 @ 5:15-6:00 AM
\$6.00 CRC member per class // \$9.00 non-member per class

Melinda Darrow

WATER WELL-BEING

- February 6, 13, 27 @ 8:30-9:30 AM
\$6.00 CRC member per class // \$9.00 non-member per class

Ellen Helfter

CORE STRENGTH & BALANCE

- February 6, 13, 20, 27 @ 8:30-9:15 AM
\$6.00 CRC member per class // \$9.00 non-member per class

Jolene Norby

YOGA

- February 6, 13, 20, 27 @ 5:15-6:00 PM
\$6.00 CRC member per class // \$9.00 non-member per class

Jolene Norby

SPORT FIT STRENGTH & STABILITY

- February 6, 13, 20, 27 @ 6:00-6:45 PM
\$6.00 CRC member per class // \$9.00 non-member per class

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.

New Class!

♥ Wednesdays

CYCLING

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

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

Bill Carlson

BOXERCISE

- February 7, 14, 21, 28 @ 8:30-9:45 AM

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

Nicole Dodd

MATURE STRENGTH FOR MOBILITY

- February 7, 14, 21, 28 @ 10:30-11:00 AM

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

Nicole Dodd

LUNCH CRUNCH

- February 7, 14, 21, 28 @ 12:05-12:25 PM

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

Nicole Dodd

TEEN FIT

- February 7 @ 2:30-3:30 PM

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

Jill Witt

DANCE CARDIO

- February 7, 14, 21, 28 @ 5:30-6:30 PM

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

Bethanie Lane

EXTREME STRETCH ♥ *New Class!*

- February 7, 14, 21, 28 @ 6:30-7:00 PM

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

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!

♥ Thursdays

HYDRO-FIT

- February 1, 8, 15, 22, 29 @ 5:15-6:00 AM

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

Carrie Barker

MASTERS SWIM

- February 1, 8, 15, 22, 29 @ 6:15-7:15 AM

Per Quarter: \$50.00 CRC members // \$76.92 non-members

Per Year: \$150.00 CRC members // \$230.77 non-members

Mark Miller

WATER WELL-BEING

- February 1, 8, 15, 29 @ 8:30-9:30 AM

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

Mark Miller

CORE STRENGTH & BALANCE

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

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

Jolene Norby

SPORT FIT STRENGTH & STABILITY ♥ *New Class!*

- February 1, 8, 15, 22, 29 @ 5:30-6:30 PM

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

Matt Moberg

Description of this fitness class located on the front of this schedule.

♥ Fridays

CYCLING

- February 2, 9, 16, 23 @ 8:30-9:15 AM

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

Ardi Gisleson

BOXERCISE

- February 2, 9, 16, 23 @ 8:30-9:45 AM

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

Nicole Dodd

BRUNCH CRUNCH

- February 2, 9, 16, 23 @ 10:00-10:20 AM

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

Nicole Dodd

POOLSIDE YOGA

- February 9 @ 5:30-6:15 PM

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

Jolene Norby

♥ Events

FITNESS CHALLENGE OF THE MONTH

- February Fitness Challenge - **Body Rox Challenge** - Complete the following exercises each week in February! These challenges are for members only.

\$10.00 for month of February

Mondays

25 sit-ups - 1/2 mile run/walk - 25 sit-ups - 1/2 mile run

Tuesdays

10 push-ups - 1/2 mile run - 10 push-ups - 1/2 mile run

Wednesdays

25 body squats - 1/2 mile run - 25 body squats - 1/2 mile run

Thursdays

15 alternating lunges per leg - 1/2 mile run - 15 alternating lunges per leg - 1/2 mile run

Fridays

200 meters rowing - 1/2 mile run/walk - 200 meters rowing - 1/2 mile run/walk

CRC BINGO!

- Thursday, February 1st @ 10:00-11:00 AM

CRC Auditorium Lower Lobby

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.

**Free event! Donations (monetary or items for prizes) are greatly appreciated.*

EXTENDED AQUATICS CENTER HOURS!

Friday, February 16th -
1:30-5:00 PM

Monday, February 19th -
1:30-7:00 PM

INDOOR TRIATHLON

- Sunday, February 18th @ 8:30 AM

\$20.00 flat rate for those pre-registered // \$25.00 day of sign-up

Come join in our (rescheduled) Super League style Indoor Triathlon for beginners to experienced triathletes. A multi-stage format will be used, participants will need a swimsuit, towel, running shoes, shirt, and shorts.

Distances are: 350 Yard Swim, 6 Mile Bike, 3 Mile Run.

BLOOD PRESSURE CHECKS

- Monday, February 26th - 10:30-11:15 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!