

Powerlifting Team - Middle/High School Ages

Tuesdays/Thursdays - February 3, 5, 10, 12, 17, 19, 24, 26 4:00-5:00 PM

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

During this class, Katelind Lenz, will guide youth in learning proper form and technique for powerlifting. Katelind will focus on three compound, or major lifts: squat, bench press, and deadlift. This powerlifting class will focus on these primary lifts to gain overall strength and explosive power, as well as enhancing overall fitness through commitment to growth in this sport. Classes meet twice a week and consistent attendance is encouraged to keep up with the group. A goal for this class is to prepare for potential competitions in the future!

Gymtime for Littles

Wednesday - February 4th, 18th 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).*

Toddler Gym & Swim

Wednesday - February 11th 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.*

CRC Bingo!

Thursday - February 12th 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.

Chair Massage by Grace

Thursday - February 12th, 26th 10:00 AM-3:00 PM @ CRC Wellness Center

**Flat rate of \$1.00 per minute*

Come enjoy a bit of relaxation! Grace from "Grace's Therapeutic Massage" will be giving chair massages throughout the day, register ahead of time to assure you will have the time slot you'd prefer. Sign up sheet located at the CRC Welcome Desk (calls to reserve a time slot are welcomed).

Nerf Attack!

Friday - February 20th 1:30-3:00 PM

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

Bring your own Nerf guns & ammo! Eye protection is required; racquetball glasses available at the Desk for use. This fun event is for 2nd-6th Graders and will be led by Matt Moberg in the CRC Sports Court.

Indoor Triathlon

Saturday - February 28th 8:30-11:30 AM @ CRC Wellness Center

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

Come join in our 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. The Tri consists of a: **350 Yard Swim, 6 Mile Bike, and a 3 Mile Run.**

EXTENDED POOL HOURS!

Monday - February 16th 1:30-7:00 pm

Tuesday - February 17th 1:30-3:30 pm

Wednesday - February 18th 1:30-7:00 pm

Friday - February 20th 1:30-3:30 pm

Friday - February 27th 1:30-3:30 pm

(All other pool times are scheduled as normal)

**Cedar River
Complex**

MEET - PLAY - LEARN - ENJOY

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



FEBRUARY

monthly schedule 2026

MONDAYS

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

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

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

BRUNCH CRUNCH

Nicole Dodd

- February 2, 9, 16, 23 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

- February 2, 9, 16, 23 @ 10:30-11:00 AM

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

TAI CHI FOR BEGINNERS (YANG STYLE)

- February 2, 9, 16, 23 @ 4:00-5:00 PM

Deneen Schweiger

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

CYCLING

Ardi Gisleson

- February 2, 16, 23 @ 5:15-6:15 PM

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

FULL BODY STEP

Hillary Morris

- February 2, 9, 16, 23 @ 6:30-7:30 PM

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

TUESDAYS

WOMEN & WEIGHTLIFTING

Jill Witt

- February 3, 10, 17, 24 @ 5:30-6:30 AM

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

CORE STRENGTH & BALANCE

Jolene Norby

- February 3, 10, 17, 24 @ 8:30-9:15 AM

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

SENIOR BARRE FIT

Matt Moberg

- February 3, 10, 17, 24 @ 9:45-10:30 AM

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

{ADULT} POWERLIFTING TEAM

new!

Katelind Lenz

- February 3, 10, 17, 24 @ 5:00-6:00 PM

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

During this class, Katelind Lenz, will guide you in learning proper form and technique for powerlifting. Katelind will focus on three compound, or major lifts: squat, bench press, and deadlift. This powerlifting class will focus on these primary lifts to gain overall strength and explosive power, as well as enhancing overall fitness through commitment to growth in this sport. Classes meet twice a week and consistent attendance is encouraged to keep up with the group. A goal for this class is to prepare for potential competitions in the future!

(Tuesday classes continued on next page)

Cedar River Complex

MEET - PLAY - LEARN - ENJOY

YOGA - February 3, 10, 17, 24 @ 5:15-6:00 PM \$6.00 CRC member per class // \$9.00 non-member per class new! JumpNJacked - February 3, 10, 17, 24 @ 6:15-7:00 PM \$6.00 CRC member per class // \$9.00 non-member per class <i>A low-impact, high-energy workout performed on a mini-trampoline. Combines rhythmic bouncing with simple cardio, strength, balance, and core exercises to deliver a full-body workout that's easy on the joints. Set to upbeat music, rebounding improves cardiovascular fitness, coordination, and lymphatic circulation while building muscle and boosting energy. Suitable for all fitness levels, movements can be modified from gentle health bounces to more athletic routines, making it a fun, effective, and joint-friendly way to stay active.</i>	Jolene Norby	{ADULT} POWERLIFTING TEAM new! - February 5, 12, 19, 26 @ 5:00-6:00 PM \$6.00 CRC member per class // \$9.00 non-member per class	Katelind Lenz
	Nicole Roberts		Bill Carlson
WEDNESDAYS CARDIO BOX - February 11, 18, 25 @ 5:15-6:00 AM \$6.00 CRC member per class // \$9.00 non-member per class HYDRO-FIT - February 4, 11, 18, 25 @ 8:00-8:45 AM \$6.00 CRC member per class // \$9.00 non-member per class BOXERCISE & TANDEM BIKING - February 4, 11, 18, 25 @ 8:30-9:45 AM \$6.00 CRC member per class // \$9.00 non-member per class BRUNCH CRUNCH - February 4, 11, 18, 25 @ 10:00-10:30 AM \$3.00 CRC member per class // \$4.50 non-member per class MATURE MOBILITY - February 4, 11, 18, 25 @ 10:30-11:00 AM \$3.00 CRC member per class // \$4.50 non-member per class DANCE CARDIO - February 4, 25 @ 5:30-6:15 PM \$6.00 CRC member per class // \$9.00 non-member per class JUMPFIT new! - February 11, 18 @ 5:30-6:15 PM \$6.00 CRC member per class // \$9.00 non-member per class	Carol Tesch	CYCLING - February 5, 12, 19, 26 @ 5:15-6:00 PM \$6.00 CRC member per class // \$9.00 non-member per class COUPLES POOLSIDE YOGA - February 12 @ 5:30-6:30 PM \$20.00 per couple, pre-registration is highly suggested LINE DANCING FOR BEGINNERS new! - February 5, 19, 26 @ 6:15-7:00 PM \$6.00 CRC member per class // \$9.00 non-member per class FULL BODY STEP & BOXING - February 5, 12, 19, 26 @ 6:30-7:30 PM \$6.00 CRC member per class // \$9.00 non-member per class	Jolene Norby
	Carrie Barker/Lisa Cockrum		Hillary Morris
THURSDAYS WOMEN & WEIGHTLIFTING - February 5, 12, 19, 26 @ 5:30-6:30 AM \$6.00 CRC member per class // \$9.00 non-member per class MASTERS SWIM - February 5, 12, 19, 26 @ 6:15-6:45 AM \$3.00 CRC member per class // \$4.50 non-member per class {ADULT} INTRO TO SWIMMING - February 5, 12, 19, 26 @ 7:00-7:45 AM \$6.00 CRC member per class // \$9.00 non-member per class CORE STRENGTH & BALANCE - February 5, 12, 19, 26 @ 8:30-9:15 AM \$6.00 CRC member per class // \$9.00 non-member per class WATER WELL-BEING - February 5, 12, 19, 26 @ 8:30-9:30 AM \$6.00 CRC member per class // \$9.00 non-member per class	Nicole Dodd/Matt Moberg	FRIDAYS JumpNJacked new! - February 13 @ 5:30-6:15 AM \$6.00 CRC member per class // \$9.00 non-member per class BOXERCISE & TANDEM BIKING - February 6, 13, 20, 27 @ 8:30-9:45 AM \$6.00 CRC member per class // \$9.00 non-member per class BRUNCH CRUNCH - February 6, 13, 20, 27 @ 10:00-10:30 AM \$3.00 CRC member per class // \$4.50 non-member per class MATURE MOBILITY - February 6, 13, 20, 27 @ 10:30-11:00 AM \$3.00 CRC member per class // \$4.50 non-member per class	Nicole Roberts
	Nicole Dodd		Nicole Dodd/Matt Moberg
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	Bethanie Lane		Matt Moberg
SATURDAYS JUMPFIT new! - February 7, 14, 28 @ 9:45-10:30 AM \$6.00 CRC member per class // \$9.00 non-member per class	Amanda Powers	EVENTS & PROGRAMS Olympic Style SAQ {Strength, Agility, Quickness} Mondays/Wednesdays - February 2, 4, 9, 11, 16, 18, 23, 25 3:30-4:15 PM <i>*Youth in 5th-8th Grades \$6.00 CRC members // \$9.00 non-members</i> 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. 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.	Amanda Powers
	Jill Witt		
SUNDAYS Group Swim Lessons Tuesdays - February 3, 10, 17, 24 March 3, 10 <i>*Sessions begin at 3:30 PM and go until 5:30 PM (each session is thirty minutes)</i> \$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 by scanning the QR code at the top right. Pre-registration for lessons are required.	Mark Miller	GROUP SWIM LESSONS Tuesdays - February 3, 10, 17, 24 March 3, 10 <i>*Sessions begin at 3:30 PM and go until 5:30 PM (each session is thirty minutes)</i> \$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 by scanning the QR code at the top right. Pre-registration for lessons are required.	
	Mark Miller		

