

## Toddler Gym & Swim

**Wednesday - January 14th 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.

## Chair Massage by Grace

**Thursday - January 15, 29 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.

## Pool Carnival & Half Price Swim Day

**Saturday - January 24th**

**Pool Carnival 1:30-3:00 PM 1/2 Price Swim 1:30-5:00 PM**

Spend time with your family and friends at the CRC Aquatics Center! Games and activities for kids will be from 1:30-3:30 PM. 1/2 price swim will continue until 5:00 PM. Kids can go down the clownfish slide or play in the zero depth. Parents, be sure to bring your suit along to swim a lap, go off the diving board, or take the kids for a ride around the lazy river!

## Blood Pressure Checks

**Monday - January 26th 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!

## Accountability Partners

**Friday - January 2nd through Friday - February 27th**

\*Free Program!

Getting back in shape is tough, but when you have a partner or team that depends on each other, the work becomes a little easier. Sign up at the Welcome Desk if you'd like to be matched with a partner for this program. Or if you have a partner in mind, let us know!

## CRC Project Care Package

**Saturday - December 20th through Saturday - January 31st (2026)**

Help us send care package items to our troops stationed overseas! Here's how you can get involved.

**\*Item Donations:** Gather non-perishable snacks, hygiene products, socks, entertainment items, etc. Simply drop these off at the CRC (before January 31st).

**\*Monetary Donations:** If you prefer, you can support our efforts with a financial contribution. Your donations help us purchase needed items and cover shipping costs, ensuring that every package reaches our troops in a timely manner.

**\*Volunteer Opportunities:** Join us in putting together the care packages! It's a great way to meet others in the community and make a direct impact. Packaging date TBD.

Every contribution counts, and together, we can bring a little piece of home to those who are serving far away.

Thank you for your support!

**DONATE HERE!**



**DONATE here:** <https://givebutter.com/CRCprojectcarepackage>

## Extended Pool Hours!

(All other pool times are scheduled as normal)

**January 2nd (1:30-4:00 PM)  
January 5th (1:30-7:00 PM)  
January 6th (1:30-3:30 PM)  
January 19th (1:30-7:00 PM)**

**Cedar River Complex**  
MEET - PLAY - LEARN - ENJOY

Cedar River Complex  
809 Sawyer Dr. Osage, IA 50461  
[www.cedarrivercomplex.com](http://www.cedarrivercomplex.com)

# january 2026

## Monthly Schedule

\*CRC Wellness Center - Closed Thursday, January 1st

### mondays

#### CARDIO BOX

Carol Tesch

- January 5, 12, 19, 26 @ 5:15-6:00 AM

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

#### BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- January 5, 12, 19, 26 @ 8:30-9:45 AM

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

#### BRUNCH CRUNCH

Nicole Dodd

- January 5, 12, 19, 26 @ 10:00-10:30 AM

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

#### MATURE MOBILITY

Matt Moberg

- January 5, 12, 19, 26 @ 10:30-11:00 AM

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

#### TAI CHI FOR BEGINNERS (YANG STYLE)

Deneen Schweiger

- January 5, 12, 19, 26 @ 4:00-5:00 PM

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

#### CYCLING

Ardi Gisleson

- January 5, 12, 19, 26 @ 5:15-6:15 PM

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

#### INTRODUCTION TO FITNESS

Matt Moberg

- January 5, 12, 19, 26 @ 5:30-6:15 PM

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

#### FULL BODY STEP

Hillary Morris

- January 5, 12, 19, 26 @ 6:30-7:30 PM

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

### tuesdays

#### WOMEN & WEIGHTLIFTING

Jill Witt

- January 6, 13, 20, 27 @ 5:30-6:30 AM

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

#### CORE STRENGTH & BALANCE

Jolene Norby

- January 6, 13, 20, 27 @ 8:30-9:15 AM

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

#### SENIOR BARRE FIT

Matt Moberg

- January 6, 13, 20, 27 @ 9:45-10:30 AM

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

(Tuesday classes continued on next page)

**Cedar River Complex**  
MEET - PLAY - LEARN - ENJOY

# (tuesdays continued)

## YOGA

- January 6, 13, 20 @ 5:15-6:00 PM

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

## JumpNJacked

- January 6, 13, 20, 27 @ 6:15-7:00 PM

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

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.

## New!

Nicole Roberts

Jolene Norby

Mark Miller

## WATER WELL-BEING

- January 8, 15, 22, 29 @ 8:30-9:30 AM

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

Hillary Morris

## FULL BODY STEP

- January 8, 15, 22, 29 @ 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

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

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

Nicole Dodd

## BRUNCH CRUNCH

- January 9, 16, 23, 30 @ 10:00-10:30 AM

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

Matt Moberg

## MATURE MOBILITY

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

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

## wednesdays

### CYCLING

Melinda Darrow

- January 7, 14, 21, 28 @ 5:30-6:15 AM

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

### HYDRO-FIT

Carrie Barker/Lisa Cockrum

- January 7, 14, 21, 28 @ 8:00-8:45 AM

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

### BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

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

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

### BRUNCH CRUNCH

Nicole Dodd

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

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

### MATURE MOBILITY

Matt Moberg

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

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

### DANCE CARDIO

Bethanie Lane

- January 7, 14, 21, 28 @ 5:30-6:15 PM

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

### INTRODUCTION TO FITNESS

Matt Moberg

- January 7, 14, 21, 28 @ 5:30-6:15 PM

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

## thursdays

### WOMEN & WEIGHTLIFTING

Jill Witt

- January 8, 15, 22, 29 @ 5:30-6:30 AM

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

### MASTERS SWIM

Mark Miller

- January 8, 15, 22, 29 @ 6:15-6:45 AM

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

### {ADULT} INTRO TO SWIMMING

Mark Miller

- January 8, 15, 22, 29 @ 7:00-7:45 AM

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

### CORE STRENGTH & BALANCE

Jolene Norby

- January 8, 15, 22, 29 @ 8:30-9:15 AM

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

Scan here for  
program  
descriptions and  
additional info!



## Events & Programs

### Youth Holiday Programs

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}

### Parent & Me Swim Lessons

**Tuesdays - January 6, 13, 20, 27 February 3 @ 5:30-6:30 PM**

\$30.00 CRC members // \$42.00 non-members

This class will help develop swimming readiness by leading parents and their child(ren) in water exploration activities. A positive and encouraging class environment nurtures children to build confidence in the water. Geared toward children ages 6 months through 3 years and led by Jennifer Shannon, a CRC lifeguard. If there are a lot of sign-ups, a second session may be added to accommodate.

### Gymtime for Littles

**Wednesday - January 7, 21 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 - January 8th 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.

### Tri Meet-Up

**Saturday - January 10th 8:00-11:30 AM @ CRC Aquatics Center**

Free for CRC members // Day Pass required for guests

Calling all Triathletes to be a part of this event! Get together with fellow triathletes and swap any gear that you no longer need!