

Group Swimming Lessons

July Session: Mon/Tues/Wed in July 7, 8, 9, 14, 15, 16

***Start at 8:00 AM, 8:30 AM, & 9:00 AM**

(Lessons are 30 minutes)

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



Hurdling Lessons

Mondays/Wednesdays - July 2, 7, 9, 14, 16, 21, 23, 28, 30

8:00-9:00 AM (Youth going into 9th-12th Grade)

9:00-10:00 AM (Youth going into 5th-8th Grade)

11:30-12:30 PM (Youth going into 9th-12th Grade)

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

CRC Swim Club

Mondays/Wednesdays - July 2, 7, 9, 14, 16, 21, 23, 28, 30

11:45 AM-12:45 PM

\$75.00 CRC members // \$100.00 non-members

Youth Sand Volleyball Lessons

Led by Jenna Scharper: Saturdays - July 12, 19

8:00-9:00 AM (Youth going into 4th-12th Grade)

9:00-10:00 AM (Youth going into 4th-12th Grade)

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

Blood Pressure Checks

Monday - July 28th 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!

Jr. Triathlon

Times/Dates Vary (Youth going into 4th-9th Grade)

@ CRC Wellness Center - Triathlon Date TBD

\$90.00 CRC members // \$132.00 non-members

{Swim 11:45 AM-12:45 PM} Mondays - July 7, 14, 21

{Run 10:00-11:00 AM} Tuesdays or Thursdays - July 1, 3, 8, 10, 15, 17, 22, 24

{Bike 11:45 AM-12:45 PM} Fridays - July 11, 18, 25

Distance Running Club

Led by Kendall Powers: Tuesdays/Thursdays - July 1, 3, 8, 10, 15, 17, 22, 24

10:00-11:00 AM (Youth going into 3rd-8th Grade)

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



HOLIDAY HOURS

**-Closing at 5pm on 7/3
-Closed on 7/4**



Happy Independence Day!



Reminder

**24HourFit+ is always open!
Day passes available**



monthly schedule



Cedar River Complex

MEET - PLAY - LEARN - ENJOY



Monday

STRENGTH & CONDITIONING

Paige Kisley

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

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

BOXERCISE

Nicole Dodd

- July 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

- July 7, 14, 21, 28 @ 10:00-10:20 AM

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

MATURE MOBILITY

Matt Moberg

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

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

TAI CHI {FOR ENERGY PART 5}

Deneen Schweiger

- July 7, 14, 21, 28 @ 4:00-5:00 PM

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

CYCLING

Ardi Gisleson

- July 7, 14, 28 @ 5:15-6:15 PM

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



Tuesday

CIRCUIT TRAINING

Paige Kisley

- July 1, 8, 15, 22, 29 @ 6:30-7:15 AM

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

CORE STRENGTH & BALANCE

Jolene Norby

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

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

SPORT FIT STRENGTH

Matt Moberg

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

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

SENIOR BARRE STRENGTH

Matt Moberg

- July 1, 8, 15, 22, 29 @ 9:45-10:30 AM

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

WOMEN & WEIGHTLIFTING

Paige Kisley

- July 1, 8, 15, 22, 29 @ 10:30-11:30 AM

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

YOGA

Jolene Norby

- July 1, 8, 15, 22, 29 @ 5:15-6:00 PM

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

Wednesday

STRENGTH & CONDITIONING

- July 2, 9, 16, 23, 30 @ 6:30-7:15 AM

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

BOXERCISE

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

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

BRUNCH CRUNCH

- July 2, 9, 16, 23, 30 @ 10:00-10:20 AM

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

MATURE MOBILITY

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

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

Thursday

MASTERS SWIM

- July 3, 10, 17, 24, 31 @ 6:15-6:45 AM

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

STRENGTH & STAMINA

- July 3, 10, 17, 24, 31 @ 6:30-7:15 AM

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

{ADULT} INTRO TO SWIMMING

- July 3, 10, 17, 24, 31 @ 7:00-7:45 AM

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

CORE STRENGTH & BALANCE

- July 3, 10, 17, 24, 31 @ 8:30-9:15 AM

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

SPORT FIT STRENGTH

- July 3, 10, 17, 24, 31 @ 8:30-9:30 AM

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

WATER WELL-BEING

- July 3, 10, 17, 24, 31 @ 8:30-9:30 AM

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

SAND FIIT

- July 3, 10, 17, 24, 31 @ 9:30-10:15 AM

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

WOMEN & WEIGHTLIFTING

- July 3, 10, 17, 24, 31 @ 10:30-11:30 AM

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

Friday

BOXERCISE

- July 11, 18, 25 @ 8:30-9:45 AM

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

HIIT

- July 18, 25 @ 9:30-10:15 AM

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

BRUNCH CRUNCH

- July 11, 18, 25 @ 10:00-10:20 AM

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

MATURE MOBILITY

- July 11, 18, 25 @ 10:30-11:00 AM

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



Events & Programs

Be Vacation Ready - Swim Safety Class!

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

Tuesday, July 1st -

1:00-1:45 PM (Youth going into 1st-3rd Grade)

1:45-2:30 PM (Youth going into 4th-6th Grade)

6:00-6:45 PM (Youth going into 1st-3rd Grade)

6:45-7:30 PM (Youth going into 4th-6th Grade)

**Other Dates
in August!**

**Scan here
for more info!**



Creativity Club

Tuesdays/Thursdays - July 1, 8, 10, 15, 17, 22

12:30-2:00 PM (Youth going into 1st-8th Grade)

\$10.00 flat rate, per session

Outdoor Rec

Tuesdays/Thursdays - July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

12:30-2:00 PM (Youth going into 5th-8th Grade)

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

Youth Strength & Conditioning

Mondays/Wednesdays/Fridays - July 2, 7, 9, 14, 16, 18, 21, 23, 25, 28, 30

10:30-11:30 AM (Youth going into 4th-8th Grade)

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

Youth Indoor Volleyball Lessons

Led by Paige Kisley: Mondays/Wednesdays- July 2, 7, 9, 14, 16, 21, 23, 28, 30,

12:30-1:30 PM (Youth going into 4th-12th Grade)

Thursdays- July 3, 10, 17, 24, 31

11:30-12:30 PM (Youth going into 4th-12th Grade)

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

Led by Jenna Scharper: Tuesdays/Fridays - July 8, 11, 15, 18

3:00-4:00 PM (Youth going into 4th-12th Grade)

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

Stay Independent: Thriving in Place

Friday - July 11th (Intended for: Adults of Any Age)

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

Put plans in place now that support your ability to continue independent living for the years ahead. Identify your priorities, assess your current environment, and explore home modifications to help aging in place safe and comfortable.

* Free workshop-provided by ISU Extension & Outreach

Narcan Training & Education Class

Thursday - July 17th 2:00-3:00 PM (7th Grade & Up)

*Free class - each participant will receive a free bottle of Naloxone; each class is an hour long. **RSVP to Mitchell County Public Health 641-832-3500.**

Get trained and be prepared to save a life by joining a Board-Certified Prevention Specialist in a free overdose education training. During the training you will learn how and why overdoses happen, and how to be prepared if an overdose occurs. This class is FREE and each participant will receive a FREE Naloxone for attending, which is an over-the-counter medication that blocks the effects of opioids and is used to interrupt an opiate related overdose.

This training is intended for parents/grandparents, community members, businesses, school professionals, coaches, faith groups, nurses, students 7th grade and older and others who work with youth.