

Check out more
info on our 24-hour
fitness space!

WHAT IS 24HOURFit+?

A place to work on your fitness and health goals - all day and all night. It's a 24-hour accessible space for community members and guests, complimented by essential partnerships, 24HourFit+ expands on the overall vision of the Cedar River Complex.

MEMBERSHIP

Here's how it works!

Option One

Add on to your existing CRC membership for only \$7 per person, per month!

*Includes access to 24HourFit+ and CRC 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 - \$35 a month

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

Single - \$35 a month

*Membership for ages 16+ with 24 hour access

BECOME A MEMBER TODAY!

Visit www.cedarrivercomplex.com for more info!



PASSES

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

Cedar River Complex

MEET - PLAY - LEARN - ENJOY

The CRC Wellness Center Closed Saturday, July 4th



mondays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- July 6, 13, 20, 27 @ 8:30-9:45 AM

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

BRUNCH CRUNCH

Nicole Dodd

- July 6, 13, 20, 27 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

- July 6, 13, 20, 27 @ 10:30-11:00 AM

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

TAI CHI : YANG 24 PART FOUR

- July 6, 13, 20, 27 @ 4:00-5:00 PM

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

CYCLING

Ardi Gisleson

- July 6, 13, 20 @ 5:15-6:15 PM

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



tuesdays

GRAVITY & GRIND (TRX Total Body Training)

Jill Witt

- July 7, 14, 21, 28 @ 6:00-6:45 AM

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

CORE STRENGTH & BALANCE

Jolene Norby

- July 7, 14, 21, 28 @ 8:30-9:15 AM

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

YOGA

Jolene Norby

- July 7, 14, 21, 28 @ 5:15-6:00 PM

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



wednesdays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

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

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

BRUNCH CRUNCH

Nicole Dodd

- July 1, 8, 15, 22, 29 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

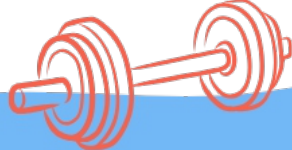
- July 1, 8, 15, 22, 29 @ 10:30-11:00 AM

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



Monthly
Schedule

july
2026



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



Cedar River
Complex

MEET - PLAY - LEARN - ENJOY

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



MASTERS SWIM

- July 2, 9, 16, 23, 30 @ 6:15-6:45 AM

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

{ADULT} INTRO TO SWIMMING

- July 2, 9, 16, 23, 30 @ 7:00-7:45 AM

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

WATER WELL-BEING

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

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

CORE STRENGTH & BALANCE

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

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

Mark Miller

Mark Miller

Mark Miller

Jolene Norby



BOXERCISE & TANDEM BIKING

- July 3, 10, 17, 24, 31 @ 8:30-9:45 AM

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

BRUNCH CRUNCH

- July 3, 10, 17, 24, 31 @ 10:00-10:30 AM

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

MATURE MOBILITY

- July 3, 10, 17, 24, 31 @ 10:30-11:00 AM

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

Nicole Dodd/Matt Moberg

Nicole Dodd

Matt Moberg

Events & Programs

TODDLER GYM & SWIM

Wednesdays - July 1, 22 @ 8:30-9:30 am (Ages 2-6)

\$6.00 CRC members (per session) // \$9.00 guests (per session)

Come to the CRC for a morning full of gym and pool play! This program is designed for children 2-6 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 3-6 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.

YOUTH STRENGTH & CONDITIONING

Mon/Wed/Fri - July 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31

@ 12:00-1:00 pm (Youth going into 4th-8th Grade)

\$6.00 CRC members (per class) // \$9.00 guests (per class)

This class offers an introduction to safe and proper weight training exercises using free weights, tubing, bands, and various equipment. In addition, it emphasizes gym etiquette, highlighting the importance of cleanliness and safety!

JUST WORK IT DANCE CLASS (YOUTH)

Tuesdays/Thursdays - July 2, 7, 9, 14, 16, 21, 23

@ 10:00-10:45 am (Youth going into 3rd Grade & Up) CRC Wellness Center Fitness Classroom

\$6.00 CRC members (per class) // \$9.00 guests (per class)

Get ready for an exciting experience filled with lively music and engaging instruction with Hillary Morris. In this class, you'll dance, compete, and have a blast as you find your groove!

POP-UP GYMTIME FOR LITTLES & INDOOR REC

****Rain rain, go away! Don't fear - the CRC will have pop-up activities when the weather is inclement. The activities will range from Nerf battles, punt-pass-kick, dodgeball, Domino Day, toddler toys, etc. Watch our Facebook page and/or CRC text alerts for organized rainy day pop-up activities!**

YOUTH DISTANCE RUNNING CLUB

Tues/Fri - July 3, 7, 10, 14, 17, 21, 24, 28, 31

@ 8:30-9:30 am (Youth going into K-3rd Grade)

@ 9:30-10:30 am (Youth going into 4th-8th Grade)

\$6.00 CRC members (per class) // \$9.00 guests (per class)

Improve running skills and endurance during this class led by CRC Sports Training Specialist, Matt Moberg! Be ready to work on warmups, stretching, learning how to pace yourself as you run, cool down . . . and of course some fun and games that accentuate sprinting techniques! Meet inside the CRC Wellness Center lobby, the coach will then take the participants to the OHS track.

GROUP SWIM LESSONS

Session Two - Mon thru Wed - July 6, 7, 8, 13, 14, 15

Thirty minute sessions @ 8 am, 8:30 am, 9 am

\$40.50 CRC members // \$62.30 guests



Swimming lessons are essential for children and come with numerous benefits! Kids will gain confidence in the water while developing their swimming abilities. We offer various levels for children aged 3 and up, ranging from introductory classes to advanced refinement sessions. You can find our swim lesson levels by scanning the QR code. Please note that pre-registration for lessons is mandatory. Register by calling the CRC Welcome Desk (641-832-3600). Payment due at the time of registration.

TODDLER GYM & TUMBLE

Wednesdays - July 8, 15

@ 9:30-10:30 am CRC Wellness Center Sport Court

(Ages 2-6) \$6.00 CRC members (per class) // \$9.00 guests (per class)

Join us for a mix of activities that promote physical development and creativity through play. Our friendly instructor, Ari Keefe, ensures a safe and engaging environment where little ones can explore their abilities and make new friends. Parents and guardians are welcome to join in on the fun or watch from the sidelines as their toddlers discover the joy of movement.

CRAFT CLUB

Wednesdays - July 8, 15, 22

@ 11:00 am-12:00 pm (Youth going into K-4th Grade) CRC Wellness Center Kid's Cove

\$6.00 CRC members (per class) // \$9.00 guests (per class)

No dog days of summer here! Get together with your friends - while making new ones too - and put your creativity to work! During Craft Club, we'll feature specific crafts at each gathering.

RULE THE POOL

Monday - July 13th @ 1:00-1:45 pm (Youth going into 5th-8th Grade)

CRC Aquatics Center

\$5.00 CRC members // \$5.00 guests + Day Pass fee

Cannonball! Come for pool time reserved JUST for middle schoolers - enjoy water activities including dodgeball, Angry Birds, soft toss, clown diving/trick competitions off the diving board, kayaking, etc. Afterward, feel free to stay and swim during open swim hours from 1:30-6:30 pm.

REMOTE CONTROL BOATS

Wednesday - Monday - July 20th

@ 1:00-1:30 pm (Youth going into K-5th Grade) CRC Aquatics Center

\$5.00 CRC members // \$5.00 guests + Day Pass fee

Bring your remote-controlled boat and have fun zooming it around the CRC pool! Afterward, feel free to stay and swim during open swim hours from 1:30-6:30 pm.

BLOOD PRESSURE CHECKS

Monday - July 27th @ 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!



***SUMMER HOURS ARE IN EFFECT!**

Check out our website for Aquatics Center Hours

(please note, they are different than the CRC Wellness Center Hours)