

# \*youth & family programs

## SENSORY SWIM

- Fridays - March 1, 8, 22, 29 @ 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.**

## GYMTIME FOR LITTLES

- Wednesday - March 13, 27 @ 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 - March 27th

\$7.00 CRC member (per session) // \$10.77 non-member (per session)  
Ages: 2-5 years; Home school ages

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; if your child(ren) are home schooled ages, and want to participate let us know! Participants should wear comfy clothes, socks, and have clean shoes.

### 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



# 24HOURFit+

FITNESS. HEALTH. LIFESTYLE. WELLNESS.

## COMING SOON ...

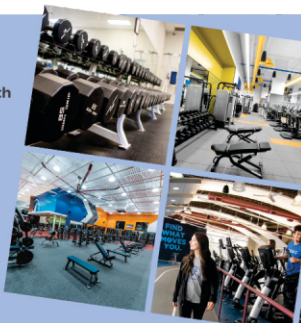
GOAL - Offering a 24 hour accessible space to the community with integral partnerships, in addition to the amenities the Cedar River Complex Wellness Center already provides.

## WE NEED YOUR HELP!

Together, we can create a positive difference. Thank you for considering this opportunity to donate and for your invaluable support.



SCAN ME



## \*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!



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



# March 2024 Monthly Schedule

## \*mondays

### BOXERCISE

Matt Moberg

- March 4, 11, 18, 25 @ 8:30-9:45 AM

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

### MATURE STRENGTH FOR MOBILITY

Matt Moberg

- March 4, 11, 18, 25 @ 10:30-11:00 AM

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

### LUNCH CRUNCH

Ellen Helfter

- March 4, 11, 18, 25 @ 12:05-12:25 PM

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

### BASIC TAI CHI - PART 2

Deneen Schweiger

- March 4, 11, 18, 25 @ 4:00-5:00 PM

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

### CYCLING

Ardi Gisleson

- March 4, 18, 25 @ 5:30-6:30 PM

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

## \*tuesdays

### HIIT

Melinda Darrow

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

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

### WATER WELL-BEING

Ellen Helfter

- March 12, 19, 26 @ 8:30-9:30 AM

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

### CORE STRENGTH & BALANCE

Jolene Norby

- March 5, 19, 26 @ 8:30-9:15 AM

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

### YOGA

Jolene Norby

- March 5, 19, 26 @ 5:15-6:00 PM

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

### SPORT FIT STRENGTH & STABILITY

Matt Moberg

- March 5, 12, 19, 26 @ 6:15-7:00 PM

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

## \* wednesdays

### CYCLING

- March 6, 13, 20, 27 @ 5:30-6:15 AM

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

### BOXERCISE

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

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

### MATURE STRENGTH FOR MOBILITY

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

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

### LUNCH CRUNCH

- March 6, 13, 20, 27 @ 12:05-12:25 PM

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

### DANCE CARDIO

- March 6, 13, 20, 27 @ 5:30-6:30 PM

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

### EXTREME STRETCH

- March 6, 13, 20, 27 @ 6:30-7:00 PM

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

## \* thursdays

### CARDIO BOX

- March 7, 14, 21, 28 @ 5:15-6:00 AM

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

### MASTERS SWIM

- March 7, 14, 21, 28 @ 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

### WATER WELL-BEING

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

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

### CORE STRENGTH & BALANCE

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

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

### TEEN FIT

- March 28 @ 10:00-11:00 AM

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

### SPORT FIT STRENGTH & STABILITY

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

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

Bill Carlson

Matt Moberg

Matt Moberg

Ellen Helfter

Bethanie Lane

Matt Moberg

Carol Tesch

Mark Miller

Mark Miller

Jolene Norby

Jill Witt

Matt Moberg

## \* fridays

### CYCLING

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

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

### BOXERCISE

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

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

### LUNCH CRUNCH

- March 1, 8, 15, 22, 29 @ 12:05-12:25 PM

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

## \* events

### FITNESS CHALLENGE

- One challenge every three months - **Body Rox Challenge** - Complete the following exercises to complete the Challenge!

\$10.00 per quarter

#### **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

## \* Extended Aquatics Center Hours!

**Wednesday - March 6th**  
2:30-7:00 PM

**Monday - April 1st**  
1:30-7:00 PM

**Thursday - March 28th**  
1:30-7:00 PM

**Wednesday - April 17th**  
2:30-7:00 PM

**Friday - March 29th**  
1:30-5:00 PM

**Wednesday - May 8th**  
2:30-7:00 PM

### PAINTING WITH CAT

- Wednesday, March 20th - 11:30 AM-12:30 PM  
@ CRC Wellness Center Lobby

Join local artist, Cat Vogel in creating your own work of art using nail polish as a form of paint. Free class!

### BLOOD PRESSURE CHECKS

- Monday, March 25th - 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!



Spring is here!  
Which means it's almost time to  
get outside and enjoy,  
with Project Bike Share!



Scan here for  
more info!