

## Toddler Gym & Swim

**Wednesday - March 11th 8:30-9:30 AM**

*\$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 2-5 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

**March 11th – 10:00 AM-3:00 PM March 27th – 12:00 PM-5:30 PM**

*\*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). These sessions will take place on the pool deck of the CRC Aquatics Center.

## CRC Bingo!

**Thursday - March 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.

## Stay-cay Fun Days!

**Thursdays - March 12, 19**

*\$6.00 CRC members // \$13.00 guests (Guardians must purchase a Day Pass)*

Spring Break Stay-caytioners – come spend your day at the CRC! Take a look at the activities going on during these Spring Break days:

- **Bounce House & Toys:** available 11AM-2PM, for **youth up to 6th grade**

- **Nerf Attack:** from 12:30-2 PM; for **2nd-8th Graders** and will be led by Matt Moberg in the CRC Sports Court. Bring your own Nerf guns & ammo! Eye protection is required; racquetball glasses available at the Desk for use.

- **Extended Pool Hours:** open swim 1:30-6:30 PM

## Synergy : {Free!} Injury Screenings

**Thursdays in March, April, & May from 9:00-11:00 AM**

Do you have pain or an injury you need help working through? Stop by this free injury screening to see how Synergy can help you. They offer Aquatic therapy, balance training, post surgery rehab, posture control, and so much more.

## Baseball Hitting Camp

**Friday - March 20th**

**Session 1: Grades 3-5 @ 9-10 AM Session 2: Grades 6-8 @ 10-11 AM**

**@ CRC Wellness Center Sport Court/Batting Cage Area**

*\$6.00 CRC members // \$9.00 guests*

Join Vincent Morton (Osage assistant varsity baseball coach) and his son Tyler for a hitting session to get warmed up for baseball season! Focus on form and technique to improve your skills. Be sure to bring your own bat! Pre-registration is highly appreciated.

## Toddler Gym & Tumble

**Wednesday - March 25th 8:30-9:15 AM @ CRC Sports Court**

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

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 18 months-5 years old. Please wear comfy clothes, socks, and have clean sneakers. Gym & Tumble is led by Ava Witt, a local gymnast from St. Ansgar.

## March - Extended Pool Hours!

+ Friday 3/6 @ (1:30-3:30 pm)

+ Monday 3/9, Wednesday 3/11, Thursday 3/12 @ (1:30-6:30 pm)

+ Tuesday 3/10, Friday 3/13 @ (1:30-3:30 pm)

+ Wednesday 3/18 & Thursday 3/19 @ (1:30-6:30 pm)

+ Friday 3/20 @ (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



# March monthly schedule 2026

## mondays

### CYCLING

Bill Carlson

- March 2, 9, 16, 23, 30 @ 5:30-6:15 AM

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

### BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

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

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

### BRUNCH CRUNCH

Nicole Dodd

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

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

### MATURE MOBILITY

Matt Moberg

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

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

### TAI CHI : YANG 24

- March 2, 9, 16, 23, 30 @ 4:00-5:00 PM

Deneen Schweiger

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

### BOXERCISE

Nicole Dodd

- March 2, 9, 23, 30 @ 5:15-6:00 PM

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

### CYCLING

Ardi Gisleson

- March 9, 16, 23, 30 @ 5:15-6:15 PM

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

### FULL BODY STEP

Hillary Morris

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

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

## tuesdays

### WOMEN & WEIGHTLIFTING

Jill Witt

- March 3, 10, 17, 24, 31 @ 5:30-6:30 AM

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

### CORE STRENGTH & BALANCE

Jolene Norby

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

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

### SENIOR BARRE FIT

Matt Moberg

- March 3, 10, 17, 24, 31 @ 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

**{YOUTH} POWERLIFTING TEAM** *new!*  
- March 3, 10, 17, 24, 31 @ 4:00-5:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Katelind Lenz

**WATER WELL-BEING**  
- March 5, 12, 19, 26 @ 8:30-9:30 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

Mark Miller

**{ADULT} POWERLIFTING TEAM** *new!*  
- March 3, 10, 17, 24, 31 @ 5:00-6:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Katelind Lenz

**{YOUTH} POWERLIFTING TEAM** *new!*  
- March 5, 12, 19, 26 @ 4:00-5:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Katelind Lenz

**YOGA**  
- March 3, 10, 17, 24, 31 @ 5:15-6:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Jolene Norby

**{ADULT} POWERLIFTING TEAM** *new!*  
- March 5, 12, 19, 26 @ 5:00-6:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Katelind Lenz

**JumpNJacked** *new!*  
- March 3, 10, 17, 24, 31 @ 6:15-7:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Nicole Roberts

**CYCLING**  
- March 5, 12, 19, 26 @ 5:15-6:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Bill Carlson

**wednesdays**

**HYDRO-FIT**  
- March 4, 11, 18, 25 @ 8:00-8:45 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

Carrie Barker/Lisa Cockrum

**FULL BODY STEP & BOXING**  
- March 5, 12, 19, 26 @ 6:30-7:30 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Hillary Morris

**BOXERCISE & TANDEM BIKING**  
- March 4, 11, 18, 25 @ 8:30-9:45 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

Nicole Dodd/Matt Moberg

**fridays** *new!*  
**GRAVITY & GRIND (TRX Total Body Training)**  
- March 6, 13, 20, 27 @ 5:30-6:15 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

Jill Witt

*Build strength, boost endurance, and fire up your core using the TRX suspension training, a system of adjustable straps anchored overhead that uses your body weight and gravity as resistance. Simply change your body angle and you can control the intensity, making every move customizable and effective. This high energy, full body workout combines strength, cardio, balance, and core training in every session. The instability of the straps forces your core to engage throughout helping improve posture, coordination and functional strength. Get stronger from the core out.*

**BRUNCH CRUNCH**  
- March 4, 11, 18, 25 @ 10:00-10:30 AM  
\$3.00 CRC member per class // \$4.50 non-member per class

Nicole Dodd

**BOXERCISE & TANDEM BIKING**  
- March 6, 13, 20, 27 @ 8:30-9:45 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

Nicole Dodd/Matt Moberg

**MATURE MOBILITY**  
- March 4, 11, 18, 25 @ 10:30-11:00 AM  
\$3.00 CRC member per class // \$4.50 non-member per class

Matt Moberg

**BRUNCH CRUNCH**  
- March 6, 13, 20, 27 @ 10:00-10:30 AM  
\$3.00 CRC member per class // \$4.50 non-member per class

Nicole Dodd

**BOXERCISE**  
- March 11, 18, 25 @ 5:15-6:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Nicole Dodd

**MATURE MOBILITY**  
- March 6, 13, 20, 27 @ 10:30-11:00 AM  
\$3.00 CRC member per class // \$4.50 non-member per class

Matt Moberg

**LINE DANCING FOR BEGINNERS** *new!*  
- March 4, 18, 25 @ 4:30-5:15 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Janean Kolbet

**BOXERCISE**  
- March 6, 20 @ 5:15-6:00 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Nicole Dodd

**DANCE CARDIO**  
- March 4, 11, 18 @ 5:30-6:15 PM  
\$6.00 CRC member per class // \$9.00 non-member per class

Bethanie Lane

**thursdays**

**WOMEN & WEIGHTLIFTING**  
- March 5, 12, 19, 26 @ 5:30-6:15 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

Jill Witt

**Events & Programs**

**Youth SAQ {Strength, Agility, & Quickness}**

**Mondays/Wednesdays/Fridays - March 2, 4, 6 (3:30-4:15 pm)**  
\$6.00 CRC members (per session) // \$9.00 guests (per session)

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. Discipline is important during these classes, with an emphasis on the correct execution of the exercises, safety, and overall fitness.

**MASTERS SWIM**  
- March 5, 12, 19, 26 @ 6:15-6:45 AM  
\$3.00 CRC member per class // \$4.50 non-member per class

Mark Miller

**Gymtime for Littles**

**Wednesdays - March 4, 18 10:30 AM-1:00 PM**  
\$6.00 CRC members (per session) // \$9.00 guests (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).

**{ADULT} INTRO TO SWIMMING**  
- March 5, 19, 26 @ 7:00-7:45 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

Mark Miller

**CORE STRENGTH & BALANCE**  
- March 5, 12, 19, 26 @ 8:30-9:15 AM  
\$6.00 CRC member per class // \$9.00 non-member per class

Jolene Norby