

Toddler Gym & Tumble

Wednesday - May 20th 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.



Cedar River Complex
MEET - PLAY - LEARN - ENJOY

*CRC Wellness Center Closed - Monday, May 25th for Memorial Day

Blood Pressure Checks

Monday - May 18th 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!

Youth SAQ {Strength, Agility, & Quickness}

Mondays/Wednesdays/Fridays - May 20, 22, 27 (3:30-4:15 pm)

May 29th (1:30-2:15 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.

Synergy : {Free!} Injury Screenings

Thursdays - May 7, 14, 21, 28 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.

*Watch for Gymtime for Littles pop-up dates throughout the summer!

Faith & Four Letter Words

Wednesday - May 27th

6:00-8:00 PM @ CRC Fine Arts Auditorium

Online Ticket Sales ONLY - \$39.19 per ticket

<https://www.eventbrite.com/o/faith-four-letter-words-57738468763>

Faith & Four Letter Words is a live, unscripted speaking experience created by former eastern Iowa TV news anchors Tara Thomas and Amanda Goodman. They share real, raw stories of career pivots, motherhood, faith, and life's curveballs - with humor, authenticity, and no sugar-coating.

Over the past three years, the duo has performed nearly 100 shows across Iowa, with many selling out weeks in advance. Audience members leave inspired and empowered - get your tickets today!



Scan to purchase tickets!

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



*CRC Wellness Center Closed - Monday, May 25th for Memorial Day

Cedar River Complex

MEET - PLAY - LEARN - ENJOY

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

♥mondays

CARDIO BOX

Carol Tesch

- May 4, 11, 18 @ 5:30-6:15 AM

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

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- May 4, 11, 18 @ 9:00-10:15 AM

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

BRUNCH CRUNCH

Nicole Dodd

- May 4, 11, 18 @ 10:30-11:00 AM

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

MATURE MOBILITY

Matt Moberg

- May 4, 11, 18 @ 10:30-11:00 AM

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

TAI CHI : YANG 24 PART TWO

Deneen Schweiger

- May 4, 11, 18 @ 4:00-5:00 PM

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

BOXERCISE

Nicole Dodd

- Watch for pop-ups for the PM Boxercise class!

CYCLING

Ardi Gisleson

- May 4, 11, 18 @ 5:15-6:15 PM

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

FULL BODY STEP

Hillary Morris

- May 4, 11 @ 6:30-7:30 PM

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

♥tuesdays

GRAVITY & GRIND (TRX Total Body Training)

Jill Witt

- May 5, 12, 19, 26 @ 5:30-6:15 AM

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

CORE STRENGTH & BALANCE

Jolene Norby

- May 5, 12, 19, 26 @ 8:30-9:15 AM

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

SENIOR BARRE FIT

Matt Moberg

- May 5, 12, 19, 26 @ 9:45-10:30 AM

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

YOGA

Jolene Norby

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

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

JumpNJacked

Nicole Roberts

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

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

♥ wednesdays

HYDRO-FIT

Carrie Barker/Lisa Cockrum

- May 6, 13, 20, 27 @ 8:00-8:45 AM

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

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- May 6, 13, 20, 27 @ 9:00-10:15 AM

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BRUNCH CRUNCH

Nicole Dodd

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

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

MATURE MOBILITY

Matt Moberg

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

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BOXERCISE

Nicole Dodd

- Watch for pop-ups for the PM Boxercise class!

LINE DANCING FOR BEGINNERS

Janean Kolbet

- May 6, 13, 20, 27 @ 4:30-5:15 PM

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

DANCE CARDIO

Bethanie Lane

- May 6, 13, 20, 27 @ 5:30-6:15 PM

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

♥ thursdays

WOMEN & WEIGHTLIFTING

Jackie McRoberts

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

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

MASTERS SWIM

Mark Miller

- May 7, 14, 21, 28 @ 6:15-6:45 AM

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

{ADULT} INTRO TO SWIMMING

Mark Miller

- May 7, 14, 21, 28 @ 7:00-7:45 AM

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

WATER WELL-BEING

Mark Miller

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

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

CORE STRENGTH & BALANCE

Jolene Norby

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

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

TRX SUSPENSION STRENGTH & MORE

Matt Moberg

- May 14, 28 @ 5:15-6:00 PM

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

FULL BODY STEP & BOXING

Hillary Morris

- May 7 @ 6:30-7:30 PM

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

♥ fridays

GRAVITY & GRIND (TRX Total Body Training)

Jill Witt

- May 1, 8, 15, 22, 29 @ 5:30-6:15 AM

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

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- May 1, 8, 15, 22, 29 @ 9:00-10:15 AM

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BRUNCH CRUNCH

Nicole Dodd

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

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BOXERCISE

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♥ Events & Programs

CRC Anniversary Week Special

Monday, April 27th through Saturday, May 2nd

All week long CRC members are invited to welcome guests to participate in CRC fitness classes with them. Each time you bring a friend, you BOTH get half off of the class you're taking! **Note: the friend can be a CRC member or guest, it's up to you!** Class schedules will be published closer to the Anniversary Week.



***BOOTH INFO & COST**

CRC Community Garage Sale

Thursday - April 30th @ 4-7 PM Friday - May 1st @ 8 AM-6 PM

*Saturday - May 2nd @ 8 AM-6 PM

Who is ready for Spring? Get ready for the Community Garage Sale held at the Cedar River Complex Events Center - it's an event you won't want to miss! Shop until you drop or set up a table(s) to sell your treasures. ***Enjoy a cash bar while you shop on Saturday, May 2nd (9 am-6 pm)**

Sellers - How it Works:

-Set up dates: Tuesday, April 28th 2-6 pm; Wednesday, April 29th 2-6 pm; Thursday, April 30th 1-4 pm.

-We ask that all sellers are set up by 4 pm on Thursday, April 30th.

-Each seller MUST remove all unsold items once the event is complete; failure to do so will result in a fee.

-If you cannot be present at your booth the entire time, the 'honor system' is an option for selling as well. Have your items priced and marked and have a collection bin at your booth so buyers can still purchase from you. Please note that this option is solely up to each seller; the CRC is not responsible for any lost/missing items.

Adult Pickleball Clinic

Friday - May 1st 1:00-2:00 PM

\$6.00 CRC members // \$9.00 guests *Must pre-register to participate!

Did you know that April is National Pickleball month? Join Pickleball Ambassadors, Loni and Deb, for this Pickleball Clinic! The clinic will take place at the Osage Pickleball Courts, located by the Osage middle school. Work on technique, drills, and get tips from the best! Make sure to pre-register for this event at the CRC prior to the clinic. If you own Pickleball paddles/balls, please bring them along!

Toddler Gym & Swim

Wednesday - May 13th 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.