

Toddler Gym & Tumble

Monday - November 17th 10:00-10:45 AM @ CRC Wellness Center Sport Court

\$6.00 CRC members (per session) // \$9.00 non-members (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 to 5 years old. Please wear comfy clothes, socks, and have clean sneakers. Pre-registration is greatly appreciated, but not required.

Youth Basketball Clinic

Monday - November 17th @ CRC Wellness Center Sport Court

Girls: Grades 1st-4th 11:00 AM-12:00 PM; Grades 5th-8th 12:00-1:00 PM

Boys: Grades 1st-4th 1:00-2:00 PM; Grades 5th-8th 2:00-3:00 PM

Wednesday - November 26th @ CRC Wellness Center Sport Court

Boys & Girls: Grades 1st-4th 1:30-2:30 PM

Boys & Girls: Grades 5th-8th 2:30-3:30 PM

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

They shoot....they score! Bounce on over to the CRC to take part in our Youth Basketball Clinics led by Osage basketball players. Work on drills and skills that will take your game to the next level!

CRC Swim Club - Blue & Silver

Blue: Mondays/Wednesdays - November 17, 19, 24, 26 December 1, 3, 8, 10, 15, 17, 22, 29 January 5, 7, 12, 14, 19, 21, 26, 28 3:30-4:30 PM @ CRC Aquatics Center - Swim Meet - TBD

\$200.00 CRC members // \$250.00 non-members

CRC Swim Club focuses on self-improvement through stroke refinement, turns, dives, and timed drills. It is a great next step for students after they have completed swim lessons and for those with a growing interest in swimming.

Silver: Tuesdays - November 18, 25 December 2, 9, 16, 23, 30 January 6, 13, 20, 27

3:30-4:30 PM @ CRC Aquatics Center

\$100.00 CRC members* // \$150.00 non-members*

An extension of CRC Swim Club Blue! This program focuses more on competitive swimming and goal times. Swimmers should know pacing, clock management, and all four competitive strokes prior to registering for CRC Swim Club Silver. **Participants need to speak to Mark Miller (CRC Aquatics Center Manager) prior to registering and may need to try-out; email Mark (mark@cedarrivercomplex.com) for more info!*

LSVT Big and LSVT Loud Presented by MCRHC

Friday - November 21st 10:15-11:15 AM @ CRC Wellness Center Conference Room

**Free presentation by MCRHC Occupational & Speech Therapists!*

Fall Bake Sale

Monday, November 24th & Tuesday, November 25th

Employees, guests, & members are invited to share some home baked goodies with us at the CRC - just in time for Thanksgiving! Stop by and pick up some lovely treats to share at your holiday gatherings. Interested in bringing goodies to share? Bring them in anytime on Monday or Tuesday! A sign-up will be located at the CRC Welcome Desk. Proceeds go towards Boxercise and Mature Mobility supplies.

CRC Friendsgiving

Monday - November 24th @ 12:00 PM

Join the CRC staff as we thank our volunteers for their hard work, our members for their friendship, and our staff for making the CRC such a special place to gather. The main dish will be provided along with a side dish with water/coffee. Feel free to bring a side dish to share - *please RSVP by Thursday, November 20th!* A \$3.00 cost is requested for guests (does not include CRC volunteers). Meet in the CRC conference room and lower lobby area!

Philip Daniel - Musical Performance

Monday - November 24th @ 6:00-7:30 PM CRC Krapek Family Fine Arts Center

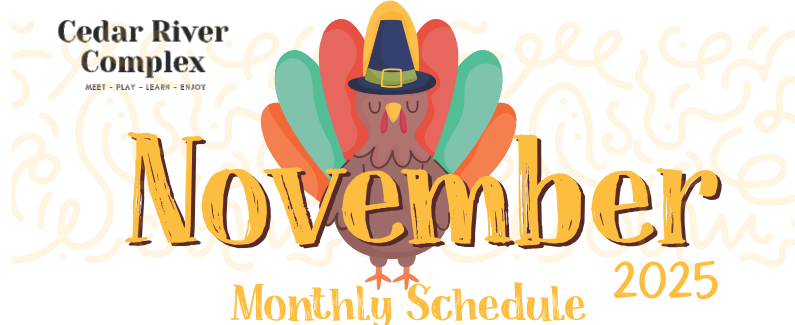
Originating from Lincoln, Nebraska, Daniel is a distinguished pianist and composer, acclaimed for his ability to evoke powerful emotions through his music. Daniel's compositions resonate with both seasoned musicians and casual listeners. Tickets will be available at the CRC Welcome Desk - \$10 Adults, \$5 Students, 5 & under are free.

Ugly Sweater 1 Mile Fun Run/Walk!

Tuesday - November 25th @ 5:30 PM (OHS Outdoor Track)

**Jingle all the way - right on over to the CRC for a Ugly Sweater fun run! Hot chocolate and a treat will be provided after; \$5.00 per person to participate. Be sure to wear your Holiday gear & ugly sweaters!*

**Cedar River
Complex**
MEET - PLAY - LEARN - ENJOY



**The CRC Wellness Center will be closed Thursday, November 27th for Thanksgiving. Remember, 24HourFit+ is ALWAYS open - join today! Memberships & day passes available.*

mondays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- November 3, 10, 17, 24* @ 8:30-9:45 AM

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

BRUNCH CRUNCH

Nicole Dodd

- November 3, 10, 17, 24* @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

- November 3, 10, 17, 24* @ 10:30-11:00 AM

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

POOLSIDE YOGA

Jolene Norby

- November 24* @ 11:45 AM-12:30 PM

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

TAI CHI PRACTICE/GOING DEEPER

Deneen Schweiger

- November 3, 10, 17, 24* @ 4:00-5:00 PM

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

CYCLING

Ardi Gisleson

- November 3, 10, 17, 24* @ 5:15-6:15 PM

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

LEARNING STEP BOX DANCE

Hillary Morris

- November 3, 10, 17, 24* @ 6:30-7:30 PM

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

tuesdays

WOMEN & WEIGHTLIFTING

Jill Witt

- November 4, 11, 18, 25* @ 5:30-6:30 AM

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

CORE STRENGTH & BALANCE

Jolene Norby

- November 4, 11, 18, 25* @ 8:30-9:15 AM

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

SPORT FIT STRENGTH

Matt Moberg

- November 4, 11, 18, 25* @ 8:30-9:30 AM

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

SENIOR BARRE FIT

Matt Moberg

- November 4, 11, 18, 25* @ 9:45-10:30 AM

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

YOGA

Jolene Norby

- November 4, 11, 18, 25* @ 5:15-6:00 PM

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

*Extended
Pool Hours!*

November 7th (1:30-3:30 pm)
November 17th (1:30-6:30 pm)
November 26th (1:30-6:30 pm)
November 28th (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



wednesdays

CYCLING

Melinda Darrow/*Bill Carlson

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

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

HYDRO-FIT

Carrie Barker/Lisa Cockrum

- November 5, 12, 19, 26* @ 8:00-8:45 AM

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

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- November 5, 12, 19, 26* @ 8:30-9:45 AM

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

BRUNCH CRUNCH

Nicole Dodd

- November 5, 12, 19, 26* @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

- November 5, 12, 19, 26* @ 10:30-11:00 AM

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

POOLSIDE YOGA

Jolene Norby

- November 26* @ 11:45 AM-12:30 PM

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

DANCE CARDIO

Bethanie Lane

- November 5, 12, 19 @ 5:30-6:15 PM

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

thursdays

WOMEN & WEIGHTLIFTING

Jill Witt

- November 6, 13, 20 @ 5:30-6:30 AM

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

MASTERS SWIM

Mark Miller

- November 6, 13, 20 @ 6:15-6:45 AM

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

{ADULT} INTRO TO SWIMMING

Mark Miller

- November 6, 13, 20 @ 7:00-7:45 AM

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

CORE STRENGTH & BALANCE

Jolene Norby

- November 6, 13, 20 @ 8:30-9:15 AM

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

WATER WELL-BEING

Mark Miller

- November 6, 13, 20 @ 8:30-9:30 AM

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

SPORT FIT STRENGTH

Matt Moberg

- November 6, 13, 20 @ 8:30-9:30 AM

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

LEARNING STEP BOX DANCE

Hillary Morris

- November 6, 13, 20 @ 6:30-7:30 PM

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

fridays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- November 7, 14, 21 @ 8:30-9:45 AM

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

TAI CHI PRACTICE/GOING DEEPER

Deneen Schweig

- November 28* @ 4:00-5:00 PM

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

BRUNCH CRUNCH

Nicole Dodd

- November 7, 14, 21 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

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

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



Thanksgiving Fitness Week

Monday, November 24th through Friday, November 28th

Proceeds from fitness classes held during the week of Thanksgiving, will have a portion donated to the Mitchell County Food Bank. Any additional monetary donations and food donations are also welcome for the Food Bank!

Note: Classes with an "6:30" are part of the Thanksgiving Fitness Week.



Events & Programs

Scan here for program descriptions and additional info!



SAQ {Strength, Agility, & Quickness}

Mondays/Wednesdays - November 3, 5, 10, 12, 17, 19, 24, 26

Youth in 5th-8th Grade 3:30-4:15 PM @ CRC Wellness Center

\$6.00 CRC members (per session) // \$9.00 non-members (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. Led by Matt Moberg, CRC Sports Training Specialist.

Toddler Gym & Swim

Wednesday - November 5th

8:30-9:30 AM @ CRC Aquatics Center & Sport Court

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

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.

CRC Bingo!

Thursday - November 6th 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.

Gymtime for Littles

Wednesday - November 12, 26 10:30 AM-1:00 PM

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

Stay Independent Sessions

Friday - November 14th (Cooking for One or Two) 10:30 AM-12:00 PM

Wednesday - November 19th (Managing Stress for Caregivers) 10:30 AM-12:00 PM & 6:00-7:30 PM

*Free workshops, provided by Mitchell County ISU Extension & Outreach

These workshops are intended for adults of any age, wanting to know more about healthy living. To register call the ISU Extension office! Held in the CRC conference room.