

THE HEALTHY IOWA WALK

Wednesday - October 7th @ 11:00 am

Let's "Pack the Track"! Invite your friends to join you and get some extra steps together on our awesome elevated indoor track at the CRC. This walk is in coordination with Live Healthy Iowa's annual Fall Walk.

*Half price day pass for all guests

PET PORTRAIT PAINTING

Thursday - October 8th @ 6:00 pm Ages 12+

Spend your night creating a masterpiece of your beloved pet with local artist, Cat Toennison. Whether you're a beginner or an experienced painter, Cat's guidance will help you capture the unique personality and charm of your furry friend. All necessary materials, including paints, brushes, and canvases, will be provided.

*Pre-registration is required - \$25 flat fee, per portrait

TODDLER GYM & TUMBLE

Mondays - October 12, 26 @ 5:30-6:30 pm

Friday - October 30 @ 8:30-9:30 am

Join us for a mix of activities that promote physical development and creativity through play. Our friendly instructors ensure 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.

\$6 CRC members (per session) // \$9 guests (per session)

WINTER SPORTS TRAINING CAMP

Boys: Mon/Wed/Fri - October 12, 14, 16*, 19, 21, 23*, 26, 28, 30* @ 3:30-4:15 pm

Girls: Tues/Thurs/Fri - October 13, 15, 16*, 20, 22, 23*, 27, 29, 30* @ 3:30-4:15 pm

*Boys & Girls Combined: Friday - October 16, 23, 30

All 7th and 8th graders are welcome to participate in this conditioning class designed to increase strength, stamina, speed, and agility for upcoming Wintertime sports. Matt Moberg will be instructing this camp, the more sessions attended, the better!

\$6 CRC members (per class) // \$9 guests (per class)

PUMPKIN DECORATING/CARVING CONTEST

Pumpkin Decorating Day: Monday - October 12th @ Come-and-go event 9:00 am to 4:00 pm

Grab your pumpkin (located at the CRC for \$10 each) and create a Halloween masterpiece. We'll provide supplies to decorate your pumpkin (feel free to bring your own in also!) and once your pumpkin is finished, you're welcome to take it home or you can enter it into our Pumpkin Decorating Contest Fundraiser.

Contest Pumpkin turn in by: Thursday - October 15th @ noon

Join us for a delightful Halloween celebration! Decorate a pumpkin and bring it to the CRC for a chance to win our pumpkin contest. Categories include: spookiest, prettiest, most unique, most classic, and sport theme. Prizes will be awarded to both youth and adult winners in each category. The decorated pumpkins will then be sold, with the proceeds going towards new fitness equipment.

Bringing your own pumpkin for the contest? Only \$5 per entry!

PUMPKIN FLOAT

Thursday - October 22nd @ 4:00-6:00 pm CRC Aquatics Center

Join us at our annual fall event! Swim and search for your numbered pumpkin in the pool & have fun decorating it afterwards on the pool deck! Open for all youth up to middle school ages. *Parent/guardian must be in the pool with any child in 4th grade or younger.

\$5 CRC members, per pumpkin \$7 non-members, per pumpkin

TODDLER GYM & SWIM

Friday - October 23rd @ 8:30-9:30 am (Ages 2-6)

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.

\$6 CRC members (per session) // \$9 guests (per session)

SIPS & SERVICES

Mondays - October 26th @ 10:15-11:00 am CRC Wellness Center Lobby

Topic: Mitchell County ISU Extension

Looking for local resources, helpful information, and a chance to connect with your community? Join us for Sips & Services, a free monthly come-and-go event where you can enjoy a cup of coffee while learning about the organizations, businesses, and services available right here in Mitchell County. Each month we'll welcome a different local business, non-profit, or community partner to share what they do, answer any questions, and highlight programs and services that can benefit you and your family. *Free event hosted by Mitchell County Public Health & Mitchell County ISU Extension & Outreach - everyone is welcome! Registration is not required.

ISU EXTENSION SERIES: PLANNING TO PLATE

Wednesday - October 28th @ 10:00 am

"Planning to Plate" - this free session is intended increase people's confidence in meal planning and making decisions to save money on groceries.

STAY UP TO DATE -
FOLLOW US!



Cedar River Complex - 809 Sawyer Dr. Osage, IA

Cedar River
Complex

MEET • PLAY • LEARN • ENJOY

october 2026

monthly schedule

mondays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- October 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

- October 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

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

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

TAI CHI : YANG 24 PART SEVEN

- October 5, 12, 19, 26 @ 4:00-5:00 PM

Deneen Schweiger

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

CYCLING

Ardi Gisleson

- October 5, 12, 19, 26 @ 5:15-6:15 PM

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

Tuesdays

CORE STRENGTH & BALANCE

Jolene Norby

- October 6, 13, 20, 27 @ 8:30-9:15 AM

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

BARRE FIT

Matt Moberg

- October 6, 13, 20, 27 @ 9:45-10:30 AM

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

YOGA

Jolene Norby

- October 6, 13, 20, 27 @ 5:15-6:00 PM

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

TRX BANDS & MORE

Matt Moberg

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

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

wednesdays

CARDIO BOX

Carol Tesch

- October 7, 28 @ 5:15-6:00 AM

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

CYCLING

"The Bill Carlson"

- October 14, 21 @ 5:30-6:15 AM

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

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- October 7, 14, 21, 28 @ 8:30-9:45 AM

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

(Wednesday classes continued on next page)

BRUNCH CRUNCH

- October 7, 14, 21, 28 @ 10:00-10:30 AM
\$3.00 CRC member per class // \$4.50 non-member per class

MATURE MOBILITY

- October 7, 14, 21, 28 @ 10:30-11:00 AM
\$3.00 CRC member per class // \$4.50 non-member per class

INTRO TO LINE DANCING

- October 7, 14, 21, 28 @ 4:30-5:15 PM
\$6.00 CRC member per class // \$9.00 non-member per class

DANCE CARDIO

- October 7, 14, 21, 28 @ 5:30-6:30 PM
\$6.00 CRC member per class // \$9.00 non-member per class

FULL BODY STEP & BOXING

- October 7, 14, 21, 28 @ 6:00-7:00 PM
\$6.00 CRC member per class // \$9.00 non-member per class

Thursdays

GRAVITY & GRIND [TRX Total Body Training]

- October 1, 8, 15, 22, 29 @ 5:30-6:15 AM
\$6.00 CRC member per class // \$9.00 non-member per class

MASTERS SWIM

- October 1, 8, 15, 22, 29 @ 6:15-6:45 AM
\$3.00 CRC member per class // \$4.50 non-member per class

{ADULT} INTRO TO SWIMMING

- October 1, 8, 15, 22, 29 @ 7:00-7:45 AM
\$6.00 CRC member per class // \$9.00 non-member per class

HYDROFIT

Lisa Cockrum/Carrie Barker

- October 1, 8, 15, 22, 29 @ 8:00-8:45 AM
\$6.00 CRC member per class // \$9.00 non-member per class

WATER WELL-BEING

- October 1, 8, 15, 22, 29 @ 8:30-9:30 AM
\$6.00 CRC member per class // \$9.00 non-member per class

CORE STRENGTH & BALANCE

- October 1, 8, 15, 22, 29 @ 8:30-9:15 AM
\$6.00 CRC member per class // \$9.00 non-member per class

POOLSIDE YOGA *Takes place on the pool deck!*

- October 8, 29 @ 11:45 AM-12:30 PM
\$6.00 CRC member per class // \$9.00 non-member per class

FULL BODY STEP & BOXING

- October 1, 8, 15, 22, 29 @ 6:00-7:00 PM
\$6.00 CRC member per class // \$9.00 non-member per class

Extended Pool Hours in October

Monday 10/5, 10/12 {1:30-6:30 pm}

Wednesday 10/14 {1:30-6:30 PM}

Aquatics Center Hours Linked Here:

<https://www.cedarrivercomplex.com/aquatics-center>

Nicole Dodd

fridays

CARDIO BOX

Carol Tesch

Matt Moberg

- October 16, 23 @ 5:15-6:00 AM
\$6.00 CRC member per class // \$9.00 non-member per class

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

Janean Kolbet

- October 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

Bethanie Lane

- October 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

Hillary Morris

- October 2, 9, 16, 23, 30 @ 10:30-11:00 AM
\$3.00 CRC member per class // \$4.50 non-member per class

Events & Programs

CRC BINGO!

Thursday - October 1st @ 10:30-11:30 AM (All are welcome!)

Jill Witt

Get ready to play! Come for a morning of socialization, snacks, & everyone's favorite game - Bingo. Pre-registration is strongly encouraged for planning purposes for this free event, those who pre-register will be entered in a door prize drawing! Light refreshments will be provided.

*Free event - monetary or prize donations are greatly appreciated.

GYMTIME FOR LITTLES

Mark Miller

Fridays - October 2, 16 Wednesday - October 14 @ 10:30-1:00 pm (Ages 2-6)

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 6 and under. The cost is for the participant only (guardians do not have a fee for the program).

\$6 CRC members (per class) // \$9 guests (per class)

JUST DANCE FOR KIDS

Fridays - October 2, 9, 16, 23, 30 @ 2:15-3:15 pm (Youth Grades 4th-8th)

Fridays plus an early out just make us feel like dancing! 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!

\$3 CRC members (per class) // \$4.50 guests (per class)

GAGA BALL

Mark Miller

Fridays - October 2, 9, 16, 23, 30 @ 2:30-3:30 pm (Youth Grades 4th-8th)

We are "Gaga" for our Friday early outs this year! Grab your friends and sign up for an hour of Gaga Ball in the racquetball court. Not sure how to play? We will teach you!

\$3 CRC members (per class) // \$4.50 guests (per class)

POOL CARNIVAL & HALF PRICE SWIM DAY

Jolene Norby

Saturday - October 3rd

Pool Carnival Activities 1:30-3:00 pm 1/2 Price Swim 1:30-5:00 pm

Come for a splashing good time at the CRC Pool Carnival! Enjoy a variety of pool games and activities throughout the event.

GROUP SWIM LESSONS

Tuesdays - October 6, 13, 20, 27 November 3, 10
30 minute sessions @ 3:30 pm, 4:00 pm, 4:30 pm

Hillary Morris

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.

\$40.50 CRC members // \$62.30 guests

PARENT & ME SWIM LESSONS

Tuesdays - October 6, 13, 20, 27 November 3
@ 5:30-6:00 pm Children ages 6 months - 3 years

This class will help develop swimming readiness by leading parents and their children in water exploration activities. A positive and encouraging class environment nurtures children to build confidence in the water.

\$30 CRC members // \$42 guests

Groovy Greens will be available at the CRC soon!

