

POOL CLOSED FOR MAINTENANCE

Monday, September 14th through Thursday, October 1st

The Aquatics Center will be closed to replace the pool liner. We will reopen as soon as possible, stay updated via our CRC Facebook page or join our text alert system.

Simply text the word "JOIN" to 641-832-3600

SIPS & SERVICES

Mondays - September 28 @ 10:15-11:00 am CRC Wellness Center Lobby
Topic: **Mitchell County Home Health**

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! No registration required.*

BLOOD PRESSURE CHECKS

Mondays - September 28* @ 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!
**Note: on September 28th, a Flu Clinic will be offered in addition to BP checks, from 10:00-11:30 am.*

WOMEN'S HEALTH DAY

Wednesday - September 30th (All day events)

Women hold essential roles in society from life givers and caretakers, to economic contributors, to foundational pillars of their families and communities. Join us as we take time to prioritize the health of the women in our community. Various leaders from our community will have booths set up at the CRC Wellness Center, sharing information on important topics regarding women's health. **Free event - everyone is welcome!*

Organizations Involved:

- Street Chiropractic
- Lori Tesch, Certified Functional Medicine Coach
- MCRHC (Dietary information, Mammogram information, Continence Care)
- Mitchell County Public Health
- Groovy Greens
- Hope for Life
- Elementary Natural Health
- Tai Chi with Deneen and more!

ISU EXTENSION SERIES: YOUR PATH TO WELLBEING

Wednesday - September 30th @ 10:00 am

"Routines for Resilient Living" - this free session is intended to increase people's understanding of how stress affects the body - and healthy ways to manage stress.

***FALL AQUATICS CENTER HOURS - BEGIN MONDAY, AUGUST 24TH!**

Aquatics Center Hours Linked Here:
<https://www.cedarrivercomplex.com/aquatics-center>

Extended Hours - September 2nd {1:30-6:30 pm}
No school for Riceville!

STAY UP TO DATE - FOLLOW US!



Cedar River Complex - 809 Sawyer Dr. Osage, IA

September 2026
MONTHLY SCHEDULE

CLOSED MONDAY, SEPTEMBER 7TH FOR LABOR DAY

Cedar River Complex
MEET - PLAY - LEARN - ENJOY

MONDAYS

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

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

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

BRUNCH CRUNCH

Nicole Dodd

- September 14, 21, 28 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

- September 14, 21, 28 @ 10:30-11:00 AM

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

TAI CHI : YANG 24 PART SIX

- September 14, 21, 28 @ 4:00-5:00 PM

Deneen Schweiger

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

CYCLING

Ardi Gisleson

- September 14, 21, 28 @ 5:15-6:15 PM

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

TUESDAYS

CORE STRENGTH & BALANCE

Jolene Norby

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

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

BARRE FIT

Matt Moberg

- September 1, 8, 15, 22, 29 @ 9:45-10:30 AM

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

YOGA

Jolene Norby

- September 15, 22, 29 @ 5:15-6:00 PM

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

TRX BANDS & MORE

Matt Moberg

- September 1, 8, 15, 22, 29 @ 5:30-6:15 PM

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

WEDNESDAYS

CYCLING

"The Bill Carlson"

- September 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

- September 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

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

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

(Wednesday classes continued on next page)

MATURE MOBILITY

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

INTRO TO LINE DANCING

- September 2, 9, 16, 23, 30 @ 4:30-5:15 PM
\$6.00 CRC member per class // \$9.00 non-member per class

FULL BODY STEP & BOXING

- September 2, 9, 16, 23, 30 @ 6:00-7:00 PM
\$6.00 CRC member per class // \$9.00 non-member per class

THURSDAYS

GRAVITY & GRIND [TRX Total Body Training]

- September 3, 10, 17, 24 @ 5:30-6:15 AM
\$3.00 CRC member per class // \$4.50 non-member per class

MASTERS SWIM

- September 3, 10 @ 6:15-6:45 AM
\$3.00 CRC member per class // \$4.50 non-member per class

{ADULT} INTRO TO SWIMMING

- September 3, 10 @ 7:00-7:45 AM
\$6.00 CRC member per class // \$9.00 non-member per class

WATER WELL-BEING

- September 3, 10 @ 8:30-9:30 AM
\$6.00 CRC member per class // \$9.00 non-member per class

CORE STRENGTH & BALANCE

- September 3, 10, 17, 24 @ 8:30-9:15 AM
\$6.00 CRC member per class // \$9.00 non-member per class

POOLSIDE YOGA

- September 10, 24 @ 11:45 AM-12:30 PM
*(Takes place on the pool deck)
\$6.00 CRC member per class // \$9.00 non-member per class

FULL BODY STEP & BOXING

- September 3, 10, 17, 24 @ 6:00-7:00 PM
\$6.00 CRC member per class // \$9.00 non-member per class

FRIDAYS

BOXERCISE & TANDEM BIKING

- September 4, 11, 18, 25 @ 8:30-9:45 AM
\$6.00 CRC member per class // \$9.00 non-member per class

BRUNCH CRUNCH

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

MATURE MOBILITY

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

Matt Moberg

EVENTS & PROGRAMS

JUST DANCE FOR KIDS

Fridays - September 4, 11, 18 @ 2:15-3:15 pm (Youth Grades 4th-8th)

Janean Kolbet

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!

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

Hillary Morris

GYMTIME FOR LITTLES

Fridays - September 4, 18 @ 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 5 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)

Jill Witt

GAGA BALL

Fridays - September 4, 11, 18 @ 2:30-3:30 pm (Youth Grades 4th-8th)

Mark Miller

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. It will be fun play while we sneak in some exercise every Friday this fall!

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

Mark Miller

YOUTH SAQ {Strength, Agility, & Quickness}

Mon/Wed - September 2, 9, 14, 16, 21, 23, 28, 30 @ 3:30-4:15 pm (Youth Grades 5th-8th)

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. *Athletic shoes required.

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

Mark Miller

Jolene Norby

CHAIR MASSAGE by Grace's Therapeutic Massage

Thursdays - September 10, 24 @ 10:00-3:00 pm

Treat yourself to a soothing experience as Grace works her magic, helping to melt away stress and tension. Whether you're looking to unwind after a busy week or simply want to take a moment for self-care, these chair massages are designed to rejuvenate both body and mind. Remember to pre-register to secure your spot and indulge in this calming retreat.

*Pre-registration and pre-payment is required; visit the following website for more info or to book your spot: <https://graces-therapeutic-massage.square.site/>

Jolene Norby

POOLSIDE YOGA

Thursdays - September 10, 24 @ 11:45-12:30 pm

Do you love yoga? Imagine a warm space, the trickling sounds of water, calming music and scents that relax your body and mind. Follow along with Jolene Norby during this forty five minute class that takes place on the pool deck and feel your worries slip away! Comfortable athletic clothing is recommended.

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

Hillary Morris

TODDLER GYM & TUMBLE

Mondays - September 14, 21, 28 @ 5:30-6:30 pm
Friday - September 11 @ 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 class) // \$9 guests (per class)

**NEW
TIME!**

BOXERCISE GROUP POTLUCK

Friday - September 11th @ 8:30-11:30 am

Have you heard the excitement surrounding the CRC's awesome Boxercise program? We warmly invite newcomers to join us for a complimentary class on Friday, September 11th. After the session, stick around for a potluck with fellow participants, and discover more about Boxercise and its positive benefits. *Note: class is from 8:30-9:45 am, with the potluck to follow.

*Free class for new participants on Friday, September 11th

Nicole Dodd

Matt Moberg