

# Cedar River Complex

MEET - PLAY - LEARN - ENJOY

**\*CRC Wellness Center Closed:**  
- Sunday, April 5th for Easter  
- Monday, May 25th for Memorial Day

**24HourFit+ - Open ALL DAY & ALL NIGHT!**

## Wellness Center Hours

Monday - Thursday	5:00 am - 8:00 pm
Friday	5:00 am - 7:00 pm
Saturday	8:00 am - 5:30 pm
Sunday	1:00 pm - 5:30 pm

## Aquatics Center Spring Hours\*

\*Check our website or Facebook for updates.  
(Summer Pool Hours begin Tuesday, May 26th)

### Mondays

Adult Swim	5:15-7:30 AM
Adult Swim	9:30-11:30 AM
Open Swim	4:00-6:30 PM

### Tuesdays

Adult Swim	9:30-11:30 AM
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### Wednesdays

Adult Swim	5:15-7:30 AM
Adult Swim	9:30-11:30 AM
Open Swim	4:00-6:30 PM

### Thursdays

Adult Swim	9:30-11:30 AM
Open Swim	4:00-6:30 PM

### Fridays

Adult Swim	5:15-7:30 AM
Open Swim*	9:30-11:30 AM

\*A great time to bring kids  
who need or want quiet pool play!

### Sundays

Open Swim	1:30-5:00 PM
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## Cedar River Complex

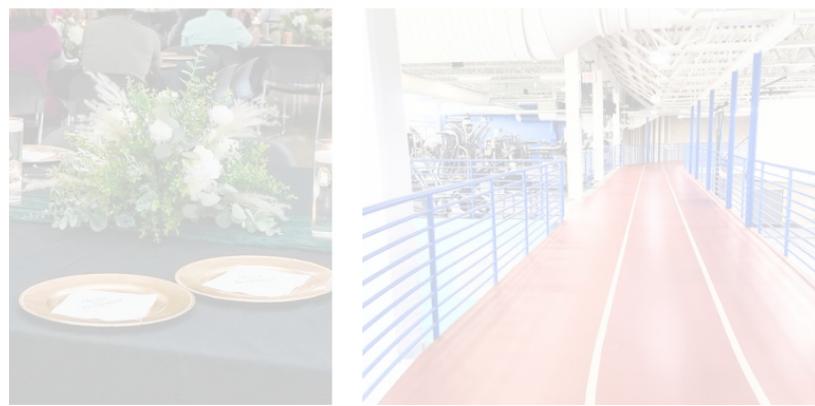
809 Sawyer Dr. Osage, IA 50461  
641-832-3600  
www.cedarrivercomplex.com



# Spring catalog

march - april - may

2026



# Cedar River Complex

## Meet - Play - Learn - Enjoy

Experience the Cedar River Complex  
located in Osage, Iowa!

At the Cedar River Complex (CRC) there are activities  
and programs for all ages.

We invite you to explore our  
Aquatics Center, Wellness Center, 24HourFit+,  
Events Center, and Fine Arts Auditorium.

Each quarter, we publish a Catalog with the current  
programs, events, fitness classes, etc. that the CRC  
offers. We hope you enjoy visiting the CRC where  
you can Meet, Play, Learn, and Enjoy.

### Featuring:

- Zero-depth entry pool
- Lazy river & lap pool
- Strength equipment
- Group fitness classes
- Wedding & celebration venue
- Large and small scale family gatherings
- Meeting space
- Auditorium performances
- Inviting atmosphere
- Sport Court with elevated track
- Youth Programming
- Kid's Cove area (Supervised Childcare)
- Swimming lessons

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 Rental Spaces

### Time to celebrate!

Whether you are celebrating the birthday of a loved  
one or planning another unforgettable family event,  
the Cedar River Complex offers several areas to  
help make your event a success!

### Swim & Play Party

The Kid's Cove is a party room both kids and parents will  
enjoy! Equipped with toys and games as well as a sink  
and refrigerator, the Kid's Cove is a great spot for youth  
birthday parties or group events.

Enjoy your cake and ice cream (not provided) and open  
presents in the party room. Afterwards, your party can  
resume in the pool for a fun swim!

**Kid's Cove Party Package.....\$175.00**

Package includes a 2 hour rental of the Kid's Cove  
and all attendees in the party receive free admission  
to the CRC Wellness Center/Aquatics Center.

### Sport Court

Host your next activity, birthday party, or family event  
at the sport court. Guests must be CRC members or  
purchase Day Passes for those 4 years of age and up  
(3 and under are free with a paid adult).

**North Sport Court Rental.....\$25.00/hour**  
**(the full Sport Court cannot be rented)**

For current pricing for Camps, Clinics, & Tournaments for Sport  
Court Rentals, please contact our Rental Manager.

**\*Contact the CRC  
for more information!**

**641-832-3600**  
**info@cedarrivercomplex.com**

# Activities & Programs

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

**Mondays/Wednesdays/Fridays - March 2, 4, 6 (3:30-4:15 pm)**

**May 20 (3:30-4:15 pm) May 22, 27, 29 (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.

\*Note: You do not have to participate in all of the classes, but the more classes you are involved in, the better the results! Good athletic shoes (court or running) are required. Led by Matt Moberg, CRC Sports Training Specialist.

## Gymtime for Littles

**Wednesdays - March 4, 18 April 1, 15**

**10:30 AM-1:00 PM @ CRC Wellness Center Sport Court**

*\$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).

## Toddler Gym & Swim

**Wednesdays - March 11th April 8th May 13th**

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

*\$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.

## 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.

# Additional Information

## Kid's Cove - Supervised Childcare

**Monday through Friday**

**8:30 - 11:00 AM**

Note: Hours are subject to change, check our website or Facebook page for the most up to date hours. Visit the Welcome Desk for more information!

Kid's Cove Punch Pass - \$40 for 10 Visits

Drop-In Rate - \$5 per child, per visit

Monthly Unlimited Access -

\$60 (1 Child)

\$90 (2 Children)

\$105 (3+ Children)

## Text Alerts

If you would like to receive text messages to be informed about pop up fitness classes, class cancellations, weather announcements, and more - sign up today!

**Simply text the keyword  
"JOIN" to 641-832-3600**

(basic text message fees may apply according to your cell phone plan)

## Lifeguard Certification

Do you want to become a lifeguard at the CRC? Complete the International Lifeguard Training Program and you're on your way to working as a professional lifeguard! Lifeguards enjoy flexible hours, opportunities for wage increases, and a fun team culture.

Call or email Mark, our Aquatics Manager (641-832-3600 or [markm@cedarrivercomplex.com](mailto:markm@cedarrivercomplex.com)) for more info!



## Rental Spaces

Whether you are celebrating the birthday of a loved one or planning another unforgettable family event, the Cedar River Complex offers several spaces and places to make your event a success!



Scan the QR code to contact Paige, our Events & Rental Manager, to request more info!

### AREAS AVAILABLE TO RENT:

Kid's Cove  
Lower Lobby & Conference Room  
Aquatics Center  
Sports Court  
Fine Arts Center (Auditorium)  
Events Center

# Personal Training

Our personal trainer on staff, Matt Moberg, will work with CRC members and guests to discover the areas of wellness they would like to improve, set goals, and work toward achieving them. Visit the CRC website to fill out an inquiry form to begin the Personal Training process (QR code)!



### Benefits to having a personal trainer:

- they assess your strength
- they help set goals
- a trainer has a workout plan specific to you
- a trainer holds you accountable

### Youth Personal Training

Consultation - \$20.00  
(must be completed before registering for Personal Training sessions)

#### Private Sessions:

- 1 Session - \$35.00
- 4 Sessions - \$120.00
- 8 Sessions - \$240.00
- 12 Sessions - \$360.00
- 20 Sessions - \$480.00

#### Semi-Private Sessions:

- 1 Session - \$30.00 per person
- 4 Sessions - \$100.00 per person
- 8 Sessions - \$200.00 per person
- 12 Sessions - \$300.00 per person
- 20 Sessions - \$400.00 per person

#### Group Private Sessions:

- 1 Session - \$20.00 per person (3-5 participants allowed), per session
- 1 Session - \$10.00 per person (6+ participants), per session

### Adult Personal Training

Consultation - \$25.00  
(must be completed before registering for Personal Training sessions)

- 1 Session - \$40.00
- 4 Sessions - \$140.00
- 8 Sessions - \$280.00
- 12 Sessions - \$420.00
- 20 Sessions - \$700.00

# Equipment Orientation

Not sure where to start with your workout routine? Let us show you how to safely utilize the equipment on the fitness floor and/or 24HourFit+ (if applicable). Stop at the CRC Welcome Desk or give us a call to schedule a complimentary fitness floor orientation.

# Membership

## ... at the Cedar River Complex

A CRC membership is based on an **annual contract**. You can opt to pay this annual contract in 12 monthly payments or by one payment of the annual fee.

A **\$25 Activation Fee** will be charged in addition to the membership fees to start your membership.

**Business memberships are also available!** Members that have a business account receive a 10% discount on any membership type and the Activation Fee is waived.

**Note:** A \$50 fee for any membership cancelled within the first year of signing up will be issued at time of cancellation.

### CRC Wellness Center Membership Rates

Membership Type	Monthly	Annual
Youth	\$22.00	\$264.00
Young Adult	\$26.00	\$312.00
Single	\$35.00	\$420.00
Couple	\$46.00	\$552.00
Family	\$60.00	\$720.00
Senior Single	\$28.00	\$336.00
Senior Couple	\$40.00	\$480.00

### 24HourFit+ Membership Rates

Membership Type	Monthly
Youth	\$35.00
Single	\$35.00

### Wellness Center plus 24HourFit+ Membership Rates

	Monthly Add-On
Youth	\$7.00
Single	\$7.00

### Wellness Center Passes

- Day Pass Youth (ages 4-18) - \$8
- Adult (ages 19+) - \$12
- 10 Day Punch Pass - \$80
- 30 Day Consecutive Pass - \$85

\*Children 3 and under are free with a paying adult

### 24HourFit+ Passes

- Day Pass (All ages 14+) - \$12
- 30 Day Consecutive Pass - Youth (ages 14-15) - \$70    Adult (ages 16+) - \$70

Scan here for more details!



# Swim Lessons

## Private - Semi Private - Group

Would you like to learn how to swim or how to be comfortable in the water? Our CRC Swim Instructors focus on the specific needs of each individual, of any age level, including adults!

### Private Lessons

Private swim lessons provide one-on-one attention and flexibility for swimmers of all ages and skill levels.

**5 sessions (30 minutes each)**

\$105.00 CRC members // \$140.00 non-members

### Semi-Private Lessons

Semi-private swim lessons are designed for 2 students who are similar in age and skill level with 1 instructor. Must be pre-approved by the Aquatics Center Manager to qualify. We will match you with an instructor according to your needs and time of day you are available. Our instructor will then contact you for the dates and times for your private lessons!

**5 sessions (30 minutes each)**

\$85.00 per CRC member // \$115.00 per non-member

### Group Swimming Lessons

Swimming lessons are important for kids and have many benefits! Children will learn how to be comfortable in the water and build on their swimming skills. Multiple levels for children 3 and up are offered from intro classes to refinement classes. Our swim lesson levels can be found on our website.

**6 sessions (30 minutes each) - take place Quarterly**

\$40.50 CRC members // \$62.30 non-members

## DID YOU KNOW?

By equipping your child with the lifesaving skill of swimming you'll be opening doors to a lifetime of fun, fitness, and even employment opportunities!

And did you know, children can participate in swimming lessons before they can walk? Parent/child swim lessons provide water safety education and bonding opportunities that can last a lifetime.

## 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



# Extended Pool Hours!

## March

+ 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)

## April

+ Monday 4/6 @ (1:30-6:30 pm)

+ Wednesday 4/8 @ (1:30-6:30 pm)

+ Wednesday 4/22 @ (1:30-6:30 pm)

**\*All other pool hours are scheduled as normal\***

**\*Scan for pool hours**



## 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

Wednesdays - March 25th April 22nd 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. Gym & Tumble is led by Ava Witt, a local gymnast from St. Ansgar.

## Cribbage Meet Up

Thursday - March 26th

1:00-3:00 PM @ CRC Wellness Center Lobby

\*Free event!

Bring your cards and cribbage board and we'll pair up for an afternoon full of pegging points and friendly banter - the more the merrier! A light snack will be provided along with coffee (donations are appreciated).

## Spring Large Group Swim Lessons

Tuesdays - April 7, 14, 21, 28 May 5

4:00-5:00 PM @ CRC Aquatics Center

\$33.25 CRC members // \$51.90 guests



Swimming lessons are important for kids and have many benefits! Children will learn how to be comfortable in the water and build on their swimming skills. Multiple levels for children 3 and up are offered from intro classes to refinement classes. Our swim lesson levels can be found on our website (or by scanning the QR code above). Pre-registration for lessons are required.

Each class will be capped at 10 kids per group; the schedule for this is below:

### Levels:

4:00-4:30 PM – Turtle/seahorse combined

4:00-4:30 PM – clownfish/Bluegill combined

4:30-5:00 PM – Dolphin/orca/shark combined

4:30-5:00 PM – Turtle/seahorse combined

## FULL BODY STEP

Instructor: Hillary Morris

Step aerobics is an up-tempo way to get your heart pumping and stay fit. Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories! Research has even shown that doing step aerobics can boost mood and energy levels.

## DANCE CARDIO

Instructor: Bethanie Lane

This class is sure to get your body moving. Move to the music with an organized dance routine that will be fun and calorie burning at the same time! You do not need to know how to dance to take this class, just come and have some fun!

## HYDRO-FIT

Instructors: Carrie Barker, Lisa Cockrum

You will burn calories and have a complete muscle workout doing water exercises in the shallow end of the lap pool and the lazy river. We will use a variety of aquatic accessories including water dumbbells, noodles, and kickboards.

## JUMP(N)JACKED

Instructor: Nicole Roberts

A low-impact, high-energy workout performed on a mini-trampoline. Combines rhythmic bouncing with simple cardio, strength, balance, and core exercises to deliver a full-body workout that's easy on the joints. Set to upbeat music, rebounding improves cardiovascular fitness, coordination, and lymphatic circulation while building muscle and boosting energy. Suitable for all fitness levels, movements can be modified from gentle health bounces to more athletic routines, making it a fun, effective, and joint-friendly way to stay active.

## MATURE MOBILITY

Instructor: Matt Moberg

A chair-based fitness class using light weights, tubing, and weighted balls for a full-body, core involved, balance and strength enhancing workout. The idea is to work on basic movement that will help us with our quality of life and longevity.

## TAI CHI : YANG 24

Instructor: Deneen Schweiger

The most popular style of Tai Chi. It is a comprise of slow, gentle, and expansive movements. It improves health and wellness and can be practiced for a lifetime.

## WATER WELL-BEING

Instructor: Mark Miller

Join Mark as he shares gentle, yet challenging moves in the water that will make you feel great! This class is for anyone that wants to get in the water. Water dumbbells are used for strength exercises as well to incorporate arm and abdominal muscles. All exercises can be modified to fit your personal needs.

## WOMEN & WEIGHTLIFTING

Instructor: Jill Witt

Ready to feel strong, confident, and unstoppable? Join our women's weightlifting class - a fun, supportive space where we trade self-doubt for dumbbells and cheer each other on every step of the way! You'll learn proper lifting technique and focus on making progress in your lifting routine.

## YOGA

Instructor: Jolene Norby

Focus on breathing, beginner & intermediate postures, and meditative awareness. Work at your own level! This class is sure to leave you relaxed and focused to take on the rest of your week.

# Fitness Classes

Join the positive and energizing environment of CRC fitness classes! Our wellness coaches are eager to challenge, motivate, and assist you in achieving your personal wellness goals.

New sessions of fitness classes are offered each month. Refer to the monthly brochure for current class offerings. Drop-In classes are a great way to try a class to see if you enjoy it and they also add variety to your workout routine!

## Pricing

**20 minute - 30 minute class:**

**\$3.00 CRC member / \$4.50 non-members**

**45 minute - 60 minute class:**

**\$6.00 CRC member / \$9.00 non-members**

## Current Fitness Classes:

### ADULT INTRO TO SWIMMING (LESSONS)

Instructor: Mark Miller

Learn to swim for fitness goals or simply to learn how! This class will cover strokes, drills, clock management, and techniques used by swimmers everywhere. Learn to swim at your own pace. Come to as many classes as you'd like – drop-ins are also welcome!

### BOXERCISE

Instructors: Nicole Dodd/Matt Moberg

Boxing is an easy and fun way to help with your cardio and build strength to get the most out of your workout. This kind of workout also has a mental challenge because of the movements and rhythms to help you become physically and mentally fit. Boxercise can help those with Parkinson's Disease and who are 50 years and older to develop better coordination, balance, and fine motor skills.

### BRUNCH CRUNCH

Instructor: Nicole Dodd

A morning break to get you up and moving for 20 minutes! Sneak in a quick workout during your workday to boost concentration and endorphin levels.

### CARDIO BOX

Instructor: Melinda Darrow

Cardio plus boxing - helps to get your heart pumping to kick start your day!

### CYCLING

Instructors: Melinda Darrow, Ardi Gisleson, Bill Carlson

Indoor cycling is a high intensity, calorie-blasting workout you will enjoy on our top-of-the-line stationary bikes. Cycling is great exercise for toning and shaping your body and for increasing your cardiovascular health.

### CORE STRENGTH AND BALANCE

Instructor: Jolene Norby

For maturing individuals, who want to improve their core balance and stability. This class will help you develop better posture, strength, and flexibility while challenging your core. \*Core, Strength, & Balance is available in person and live stream. If you are interested in attending live stream, please let us know!

## Blood Pressure Checks

**Mondays - March 23rd April 27th 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!

## Mother's Day : Painting with Deb & Cat

**Tuesday - April 21st**

**11:30 AM-12:30 PM @ CRC Wellness Center Conference Room**

*\$5.00 flat fee, per person to cover the cost of materials*

Grab your paintbrush and come ready to let your creativity flow! Local artists, Deb Jensen and Cat Vogel, will be demonstrating how to watercolor paint a design for Mother's Day. Supplies will be provided, but you are welcome to bring your own. **Pre-registration for this event is strongly encouraged so we can have enough supplies.**

## 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.**

## 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 1st!** More details are below for those wanting to set up a booth!

### 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 6' table costs \$10 (you can purchase as many tables as you'd like).

-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.

# 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!



## 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.

## 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.

## Boxercise

Typically held Mon/Wed/Fri @ 8:30-9:45 AM and 5:15-6:00 PM (Check the monthly fitness class schedule for dates)

\*Fitness class rates apply, per class

Boxing is an easy and fun way to help with your cardio and build strength to get the most out of your workout. This kind of workout also has a mental challenge because of the movements and rhythms to help you become physically and mentally fit. Boxercise can help those with Parkinson's Disease and who are 50 years and older to develop better coordination, balance, and fine motor skills.

# Cedar River Complex

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## 24HOURFit+

FITNESS. HEALTH. LIFESTYLE. WELLNESS.

### WHAT IS 24HOURFit+?

A place to work on your fitness and health goals – all day and all night. It's a 24-hour accessible space for community members and guests, complemented by essential partnerships, 24HourFit+ expands on the overall vision of the Cedar River Complex.

By fostering a supportive and inclusive environment, 24HourFit+ is a hub where people of all ages and fitness levels can come together, share experiences, and motivate one another.

### MEMBERSHIP

Here's how it works!

#### Option One

Add on to your existing Cedar River Complex membership for only \$7 per person, per month!

\*Includes access to 24HourFit+ and Cedar River Complex Wellness Center

#### Option Two

Membership to ONLY 24HourFit+

\*Includes access to 24HourFit+ with a \$25 Activation Fee

\*Monthly payments processed on the 1st of each month

Youth - \$35 a month

\*Membership for ages 14-15 from the hours of 5 am to 10 pm

Single - \$35 a month

\*Membership for ages 16+ with 24 hour access

### BECOME A MEMBER TODAY!

Scan the QR code to download the GymMaster App and start your membership!

Google Play Store (Android)



Apple Store (iPhone)

### PASSES

Visiting the area? Interested in trying out 24HourFit+? Check out the options we have for guests!

