

Cedar River Complex

MEET - PLAY - LEARN - ENJOY



**CRC Wellness Center - Closed*

Thursday, December 25th + Thursday, January 1st

**CRC Wellness Center - Open until noon*

Wednesday, December 24th + Wednesday, December 31st

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 Winter Hours*

*Check our website or Facebook for updates.



Mondays

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

Thursdays

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

Fridays

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

Saturdays

Adult Swim	8:30-9:30 AM
Open Swim	1:30-5:00 PM

Sundays

Open Swim	1:30-5:00 PM
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*A great time to bring kids who need or want quiet pool play!

Wellness & Activities

Winter 2025-26 Catalog

December. January. February.

Cedar River Complex
809 Sawyer Dr. Osage, IA 50461
641-832-3600

www.cedarrivercomplex.com



Cedar River Complex

MEET - PLAY - LEARN - ENJOY

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.

The Kid's Cove area comfortably fits 30-35 people.

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

Senior Barre Fit

**Tuesdays - December 2, 9, 16, 23, 30 January 6, 13, 20, 27
February 3, 10, 17, 24**

9:45-10:30 AM @ CRC Wellness Center

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

Using ballet inspired moves to strengthen hips, legs, glutes, calves, core, and upper body while emphasizing poise, posture, balance, and control. This class is a great next step for those who have been taking Mature Mobility (not required), led by Matt Moberg.

Gymtime for Littles

Wednesdays - December 3, 17 January 7, 21

February 4, 18 10:30 AM-1:00 PM @ CRC Wellness Center Sport Court

\$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).*

Masters Swim

Thursdays - December 4, 11, 18 January 8, 15, 22, 29

February 5, 12, 19, 26 6:15-6:45 AM @ CRC Aquatics Center

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

From new swimmers to State Champions, all adult swimmers are welcome at CRC Masters Lap Swim! Members support and encourage each other as we set realistic fitness goals. Our number one goal is to learn and/or improve your strokes. Another goal is to learn how to incorporate swimming into your regular fitness routine. Along the way, you'll learn to set goals and grow into a competitive swimmer!

CRC Bingo!

**Thursdays - December 4th January 8th February 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.

**We are looking for local businesses or individual sponsors to sponsor the upcoming Bingo events. Whether this is through a monetary donation, prize donations, or providing a "celebrity" Bingo caller - please contact us for more info!*

Additional Information

Kid's Cove - Supervised Childcare

Hours

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!

Monday through Friday

8:30 - 11:00 AM

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

Wednesday

8:30 - 11:00 AM

5:00-7:00 PM

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!

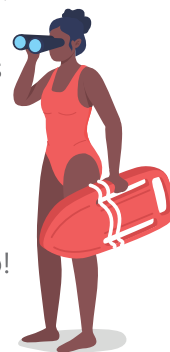
Simply text the keyword

"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) 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!

Contact Paige, our Events & Rental Manager,
(paigeb@cedarrivercomplex.com)
to reserve your date today!

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!

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: Membership Rates and Passes for both the Wellness Center and 24HourFit+ will be increasing as of January 1st, 2026.

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.

Toddler Gym & Swim

Wednesdays - December 10th January 14th February 11th

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

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

Groovy Greens - Wellness Learn

Wednesday - December 10th 11:15 AM-12:15 PM

@ Wellness Center Lobby

**Free event!*

This is a chance for the public to learn about the amazing benefits of microgreens and how to use them in everyday meals! There will be free samples along with containers for purchase. We hope to see you there!

12 Hour Swim Relay

Saturday, December 13th 8:00 AM-8:00 PM

@ CRC Aquatics Center

Challenges: All challenges can be either swimming or walking in the lazy river, beach area, or lap pool - the choice is yours!

\$15.00 - **Open Swim** - No goal, just participating for fun, food, & a good time!

\$20.00 - **The Rookie** - complete 1 mile

\$30.00 - **All Day 5k** - complete 3.1 miles

\$30.00 - **Mt. Everest Challenge** - complete the vertical climb of Mt. Everest, 5.5 miles

\$35.00 - **Race to Eight** - complete 8 miles

\$35.00 - **Hero** - complete 10 miles

\$40.00 - **Half Marathon** - complete 13.2 miles

\$40.00 - **Ultra Swim** - complete 15 miles

\$40.00 - **English Channel** - complete 21 total miles

**** Add on a t-shirt to any challenge for \$20.00! ****

T-shirts may be purchased separately, without participating in the relay.

Swim or walk your way to a one-of-a-kind finish! Pick the goal you would be most interested in completing with the relay event. Registration includes food and drinks, participation fee, and finisher awards. Participants are welcome to come and go as they please. The goal is to finish your particular challenge before the 12 hours are up. For more info visit: www.cedarrivercomplex.com/12-hour-swim-relay

Blood Pressure Checks

Mondays - December 22nd January 26th

February 23rd 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 Holiday Programs

12/23 - **Cookie Decorating & Crafts with Cat** 1:30-3:00 PM
K-8th Grade {\$9 members/\$12 guests}

Wallyball Game with High School Helpers 1:30-2:30 PM
5th-8th Grade {\$6 members/\$9 guests}

12/26 - **Toddler Tumbling** 10:00-10:45 AM {\$6 members/\$9 guests}

Middle School Super Cycling with Matt Moberg 11:15 AM-12:00 PM
{\$6 members/\$9 guests}

Winter Craft & Snacks 11:15-12:30 PM
3rd-8th Grade {\$9 members/\$12 guests}

Kickball with High School Helpers 12:30-1:30 PM
5th-8th Grade {\$6 members/\$9 guests}

12/29 - **Gymnastics with Ava Witt** {\$6 members/\$9 guests}
9:00-9:45 AM (Ages 3 & 4)
10:00-10:45 AM (Ages 5 & 6)
11:00-11:45 AM (Ages 7 & Up)

Youth SAQ (Strength, Agility, & Quickness) with Matt Moberg
11:15-12:15 PM {\$6 members/\$9 guests}

Dodgeball with High School Helpers 2:00-3:00 PM
5th-8th Grade {\$6 members/\$9 guests}

Yoga with Jolene Norby 2:00-2:45 PM
Middle & High School Ages {\$6 members/\$9 guests}

12/30 - **Basketball Clinic** with High School Helpers {\$6 members/\$9 guests}
Boys: K-3rd Grade 12:00-1:00 PM; 4th-8th Grade 1:00-2:00 PM
Girls: K-3rd Grade 2:00-3:00 PM; 4th-8th Grade 3:00-4:00 PM

Step, Bop, & Dance with Hillary Morris 12:30-1:30 PM
2nd-8th Grade {\$6 members/\$9 guests}

Holiday Movie & Popcorn 1:00-3:00 PM
2nd-6th Grade {\$7 members/\$10 guests}

12/31 - **Giant Volleyball** 10:00-11:00 AM
5th-8th Grade {\$6 members/\$9 guests}

1/2 - **Nerf Attack** 1:00-2:30 PM - Bring your own Nerf guns & ammo! Eye protection is required; racquetball glasses available at the Desk for use.
2nd-6th Grade {\$6 members/\$9 guests}

1/4 - **Football Celebrate & Tailgate** 4:00-7:00 PM
Spend time in the pool, enjoy a pizza party, & play some football in the sport court! The Osage varsity football players will join us for this event and will be signing autographs that you can take home with you!

**Must pre-register by Sunday, January 4th at 2 pm.*
All Youth Ages {\$10 flat rate}



Holiday Extended Pool Hours!

December:	January:	February:
26th @ 1:30-4:00 PM	2nd @ 1:30-4:00 PM	16th @ 1:30-7:00 PM
29th @ 1:30-7:00 PM	5th @ 1:30-7:00 PM	17th @ 1:30-3:30 PM
30th @ 1:30-3:30 PM	6th @ 1:30-3:30 PM	20th @ 1:30-3:00 PM
	19th @ 1:30-7:00 PM	(Rule the Pool)

(All other pool times are scheduled as normal)

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.

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.

SPORT FIT STRENGTH

Instructor: Matt Moberg

A circuit-style routine combining traditional dumbbell exercises with body weight movements that challenge your strength and stability. Designed to enhance sports performance. This class is considered an advanced exercise class for athletic adults.

TAI CHI for Beginners - (YANG STYLE)

Instructor: Deneen Schweiger

Yang Style is the most popular style of Tai Chi. It is comprised of slow, gentle and expansive movements. Tai Chi for Beginners is constructed of 6 easy steps, ideal for beginners. It is easy to learn and builds a solid foundation. It also improves health and wellness and can be practiced for a lifetime. It will flow seamlessly into Yang 24 if you want to explore further into something more challenging.

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!

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!

Accountability Partners

Friday, January 2nd - Friday, February 27th

**Free Program!*

Getting back in shape is tough, but when you have a partner or team that depends on each other, the work becomes a little easier. Sign up at the Welcome Desk if you'd like to be matched with a partner for this program. Or if you have a partner in mind, let us know!

Parent & Me Swim Lessons

Tuesdays - January 6, 13, 20, 27 February 3

5:30-6:30 PM @ CRC Aquatics Center

\$30.00 CRC members // \$42.00 non-members

This class will help develop swimming readiness by leading parents and their child(ren) in water exploration activities. A positive and encouraging class environment nurtures children to build confidence in the water. This class is geared toward children ages 6 months through 3 years and led by Jennifer Shannon, a CRC lifeguard. If there are a lot of sign-ups, a second session may be added to accommodate.

Tri Meet-Up

Saturday - January 10th

8:00-11:30 AM @ CRC Aquatics Center

Free for CRC members // Day Pass required for non-members

Calling all Triathletes to be a part of this event! Get together with fellow triathletes and swap any gear that you no longer need! Swim, bike, and run, workouts for all abilities.

Chair Massage by Grace

Thursday - January 15, 29

10:00 AM-3:00 PM @ CRC Wellness Center

**Flat rate of \$1.00 per minute*

Come enjoy a bit of relaxation! Grace from "Grace's Therapeutic Massage LLC", will be giving chair massages throughout the day, register ahead of time to assure you will have the time slot you'd prefer.

Pool Carnival & Half Price Swim Day

Saturday - January 24th

Pool Carnival 1:30-3:00 PM

1/2 Price Swim 1:30-5:00 PM @ CRC Aquatics Center

Spend time with your family and friends at the CRC Aquatics Center! Games and activities for kids will be from 1:30-3:30 PM. 1/2 price swim will continue until 5:00 PM. Kids can go down the clownfish slide or play in the zero depth. Parents, be sure to bring your suit along to swim a lap, go off the diving board, or take the kids for a ride around the lazy river!

Group Swim Lessons

Tuesdays - February 3, 10, 17, 24 March 3, 10

*Sessions begin at 3:30 PM and go until 5:30 PM
(each session is thirty minutes)

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



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 by scanning the QR code at the top right. Pre-registration for lessons are required.

Winter Olympic Festivities

Friday, February 6th - Sunday, February 22nd

Stay tuned for details on Olympic themed programming taking place in February!

Couples Valentine Poolside Yoga

Thursday - February 12th

@ 5:30-6:30 PM @ CRC Aquatics Center Pool Deck

\$20.00 per couple (Pre-registration is encouraged for planning purposes)

Looking for a unique way to celebrate Valentine's Day? Grab your partner, gal pal, or buddy and spend your night at the CRC! Jolene Norby will be leading Poolside Yoga, which will calm your body and mind. Listen to the trickling sounds of the pool water, in the warm temperature of the pool and feel your cares slipping away. ***Note: Class takes place on the pool deck, not in the pool. Comfortable workout attire is recommended.**

Indoor Triathlon

Saturday - February 28th

8:30-11:30 AM @ CRC Wellness Center

\$20.00 flat rate for those pre-registered // \$25.00 day of sign-up

Come join in our Indoor Triathlon for beginners to experienced triathletes. A multi-stage format will be used, participants will need a swimsuit, towel, running shoes, shirt, and shorts. The Triathlon consists of **a: 350 Yard Swim, 6 Mile Bike, and a 3 Mile Run.**

CRC Power Lifting Team

Coming in 2026!

Stay tuned for more info on this exciting new program, led by Katelind Lenz. Learn proper technique and gain strength and confidence in your lifting abilities. Designed for high school ages, both boys and girls.

Cedar River Complex

MEET - PLAY - LEARN - ENJOY

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)