



## Cedar River Complex - Monthly Schedule

### 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

[SCAN HERE FOR POOL HOURS](#)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
<p><b>24HourFit+ is OPEN!</b>  <b>More info here:</b>  <b>Join today!</b></p>						1						
2	<p>8:30 AM Boxercise                      10:00 AM Brunch Crunch                      10:30 AM Mature Mobility                      3:30 PM SAQ                      4:00 PM Tai Chi                      5:00 PM Army Combat Class  <b>CRC Parking Lot Auction</b>                      *Bidding Begins</p>	3	<p>8:30 AM Core S&amp;B                      Group Swim Lessons *Times Vary                      5:00 PM Sport Fit Strength                      5:15 PM Yoga</p>	4	<p>5:30 AM Cycling                      7:30 AM Hydro-Fit                      8:30 AM Boxercise                      8:30 AM Toddler Gym &amp; Swim                      10:00 AM Brunch Crunch                      10:30 AM Mature Mobility                      3:30 PM SAQ                      5:30 PM Dance Cardio</p>	5	<p>6</p>	<p>8:30 AM Boxercise                      10:45 AM Mature Strength</p>	8			
9	<p>8:30 AM Boxercise                      10:00 AM Brunch Crunch                      10:30 AM Mature Mobility                      3:30 PM SAQ                      4:00 PM Tai Chi                      5:00 PM Army Combat Class                      5:15 PM Cycling</p>	10	<p>8:30 AM Core S&amp;B                      11:30 AM Painting w/ Deb                      Group Swim Lessons *Times Vary                      5:00 PM Sport Fit Strength                      5:15 PM Yoga</p>	11	<p>5:30 AM Cycling                      7:30 AM Hydro-Fit                      8:30 AM Boxercise                      10:00 AM Brunch Crunch                      10:30 AM Mature Mobility                      10:30 AM-1:00 PM Gymlime for Littles                      3:30 PM SAQ                      5:30 PM Dance Cardio</p>	12	<p>5:30 AM Strength &amp; Mobility                      6:15 AM Masters Swim                      7:00 AM Intro to Swimming                      8:30 AM Core S&amp;B                      8:30 AM Water Well-Being                      5:00 PM Sport Fit Strength  <b>CRC Parking Lot Auction</b>                      *Bidding ends @ 3:30 pm</p>	13	<p>8:30 AM Boxercise                      8:30 AM Cycling into Yoga                      10:45 AM Mature Strength</p>	14	15	
16	<p>8:30 AM Boxercise                      10:00 AM Brunch Crunch                      10:30 AM Mature Mobility                      3:30 PM SAQ                      4:00 PM Tai Chi                      5:00 PM Army Combat Class                      5:15 PM Cycling  <b>Extended Pool Hours!</b>                      3:00-7:00 PM</p>	17	<p>8:30 AM Core S&amp;B                      Group Swim Lessons *Times Vary                      5:00 PM Sport Fit Strength                      5:15 PM Yoga</p>	18	<p>5:30 AM Cycling                      7:30 AM Hydro-Fit                      8:30 AM Boxercise                      10:00 AM Brunch Crunch                      10:30 AM Mature Mobility                      10:30 AM-1:00 PM Gymlime for Littles                      3:30 PM SAQ                      5:30 PM Dance Cardio  <b>Extended Pool Hours!</b>                      3:00-7:00 PM</p>	19	<p>5:30 AM Strength &amp; Mobility                      6:15 AM Masters Swim                      7:00 AM Intro to Swimming                      8:30 AM Core S&amp;B                      8:30 AM Water Well-Being                      5:00 PM Sport Fit Strength</p>	20	<p>8:30 AM Boxercise                      8:30 AM Cycling into Yoga                      10:45 AM Mature Strength</p>	21	<p><b>Indoor Triathlon</b>                      8:30-11:30 AM</p>	22
23	<p>8:30 AM Boxercise                      10:00 AM Brunch Crunch                      10:15-11:00 AM Blood Pressure Checks                      10:30 AM Mature Mobility                      3:30 PM SAQ                      4:00 PM Tai Chi                      5:00 PM Army Combat Class                      5:15 PM Cycling</p>	24	<p>8:30 AM Core S&amp;B                      Group Swim Lessons *Times Vary                      5:00 PM Sport Fit Strength                      5:15 PM Yoga</p>	25	<p>5:30 AM Cycling                      7:30 AM Hydro-Fit                      8:30 AM Boxercise                      10:00 AM Brunch Crunch                      10:30 AM Mature Mobility                      3:30 PM SAQ                      5:30 PM Dance Cardio</p>	26	<p>5:30 AM Strength &amp; Mobility                      6:15 AM Masters Swim                      7:00 AM Intro to Swimming                      8:30 AM Core S&amp;B                      8:30 AM Water Well-Being                      5:00 PM Sport Fit Strength</p>	27	<p>8:30 AM Boxercise                      8:30 AM Cycling into Yoga                      10:45 AM Mature Strength</p>	28	<p><b>*Sport Specific Training</b>                      Appointments available upon request with Matt Moberg! Inquire at the CRC Welcome Desk for more info.</p>	

Turn over for more info!

## Events & Programs -

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

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

**3:30-4:15 PM (Youth Grade 5-8)**

*\$7.00 CRC members (per session) // \$10.77 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. Discipline is important during these classes, with an emphasis on the correct execution of the exercises, safety, and overall fitness. 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.

### CRC Parking Spot Auction

**Monday, February 3rd through Thursday, February 13th**

*\*\*Bidding ends at 3:30 pm on the 13th*

Buy your sweetheart a personalized CRC parking spot! Bids accepted Monday, February 3rd through Thursday, February 13th at 3:30 PM. Three parking spots are available for bids this year to the three highest bidders! Winners have their spot reserved for a full year. **Bids are only accepted in person at the CRC Wellness Center.** Thanks for supporting this unique fundraiser for the CRC!

### Army Combat Fitness Test

**Mondays - February 3, 10, 17, 24 Test Day - March 3**

**5:00-6:00 PM @ CRC Sports Court/Turf Area**

*Program Cost - \$25.00*

Get ready for a new fitness challenge! This course will focus on training for the 6 challenges that one must complete for an Army Combat Fitness Test. Each class will focus on two of the challenges, with the "test" day on March 3rd, where each participant will complete all 6 challenges. Led by John Steiert, this program is geared for ages 15 and up; you do not have to actively be going into/already in the army - it's just to see if you've got what it takes to be in the army!

**Challenges:** 3 Repetition Deadlift, Standing Power Throw, Hand Release Push-up, Sprint-Drag-Carry, Plank, Two-Mile Run (or 6.2 mile bike). For more details on the challenges visit: <https://www.army.mil/acft/>

### Group Swimming Lessons

**Tuesdays - February 4, 11, 18, 25 March 4, 11**

*\*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 below. An Intro to Swim Club session will be offered during these sessions also. **\*Pre-registration for lessons are required.**

### Toddler Gym & Swim

**Wednesday - February 5th @ 8:30-9:30 AM**

*\$7.00 CRC members (per session) // \$10.77 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. Led by Jennifer Shannon. **\*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.**

### Sport Specific Training (SST)

This program is designed for middle school and high school track athletes. Drills, weight lifting, and other exercises specifically tailored to the track athlete will be taught and implemented. **\*Appointments available by appt with Matt Moberg!**

### CRC Bingo!

**Thursday - February 6th @ 10:00-11:30 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. Before Bingo, an educational topic will be featured, presented by various local community members.

### Painting with Deb

**Tuesday - February 11th @ 11:30 AM-12:30 PM**

*\*Free event; all supplies will be provided!*

Learn how to paint birch trees & mason jars with local artist, Deb Jensen! This class will be located in the CRC Conference Room.

### Gymtime for Littles

**Wednesdays - February 12, 19 @ 10:30 AM-1:00 PM**

*\$7.00 CRC members (per session) // \$10.77 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.**

### Winter Tri-Series: Part III

**Indoor Triathlon - Saturday, February 22nd @ 8:30-11:30 AM**

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.

350 Yard Swim 6 Mile Bike 3 Mile Run

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

*During this event we will also have a Bike Garage Swap Meet where you can get a bike fit consultation and maintenance tips from Matt Moberg. Bring your used triathlon gear to sell or swap too!*

Extended  
Pool Hours!

**Monday, February 17th @ 3:00-7:00 pm**

**Wednesday, February 19th @ 3:00-7:00 pm**

*(All other pool times are scheduled as normal.)*

# 24HOURFIT IS NOW OPEN!

## ALL DAY. ALL NIGHT.

GET YOUR MEMBERSHIP TODAY - DOWNLOAD THE APP!  
SCAN THE QR CODE FOR MORE INFO.



SCAN ME

**Cedar River  
Complex**

MEET - PLAY - LEARN - ENJOY

Cedar River Complex  
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