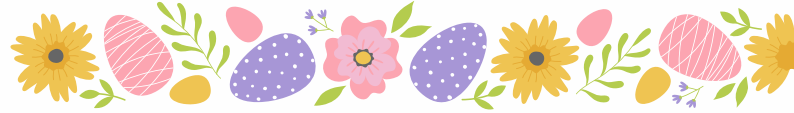


cedar river complex

AQUATICS - EVENTS - FINE ARTS - WELLNESS

www.cedarrivercomplex.com

*Changes to calendar items will be posted on our CRC Facebook page.



APRIL 2025

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
Please Note: <i>*Aquatics Center CLOSED Monday 3/24 thru Sunday 4/6*</i>		8:30 AM Core S&B 5:00 PM Sport Fit Strength 5:15 PM Yoga	5:30 AM Cycling 8:30 AM Boxercise 10:00 AM Brunch Crunch 10:30 AM-1:00 PM Gymtime for Littles 10:45 AM Mature Mobility 3:30 PM SAQ	5:30 AM Strength & Mobility 8:30 AM Core S&B 10:00 AM CRC Bingo! 5:00 PM Sport Fit Strength	5:15 AM Kettlebells 8:30 AM Boxercise 8:30 AM Cycling into Yoga 10:00 AM Brunch Crunch 10:45 AM Mature Mobility	
	5:15 AM Cardio Box Plus 8:30 AM Boxercise 10:00 AM Brunch Crunch 10:45 AM Mature Mobility 3:30 PM SAQ 4:00 PM Tai Chi for Energy 5:15 PM Cycling	8:30 AM Core S&B 5:00 PM Sport Fit Strength 5:15 PM Yoga	5:30 AM Cycling 7:30 AM Hydro-Fit 8:30 AM Boxercise 8:30 AM Toddler Gym & Swim 10:00 AM Brunch Crunch 10:45 AM Mature Mobility 3:30 PM SAQ	5:30 AM Strength & Mobility 6:15 AM Masters Swim 7:00 AM Intro to Swimming 8:30 AM Core S&B 8:30 AM Water Well-Being 5:00 PM Sport Fit Strength	5:15 AM Kettlebells 8:30 AM Boxercise 10:00 AM Brunch Crunch 10:45 AM Mature Mobility	9:00 AM Cycling into Yoga
	5:15 AM Cardio Box Plus 8:30 AM Boxercise 10:00 AM Brunch Crunch 10:45 AM Mature Mobility 3:30 PM SAQ 4:00 PM Tai Chi for Energy 5:15 PM Cycling	8:30 AM Core S&B 5:00 PM Sport Fit Strength 5:15 PM Yoga	5:30 AM Cycling 7:30 AM Hydro-Fit 8:30 AM Boxercise 10:00 AM Brunch Crunch 10:30 AM-1:00 PM Gymtime for Littles 10:45 AM Mature Mobility 3:30 PM SAQ	5:30 AM Strength & Mobility 6:15 AM Masters Swim 7:00 AM Intro to Swimming 8:30 AM Core S&B 8:30 AM Water Well-Being 5:00 PM Sport Fit Strength	8:30 AM Boxercise Toddler Gym & Tumble 9 AM, 10 AM 10:00 AM Brunch Crunch 10:45 AM Mature Mobility	
Easter Sunday - CRC Wellness & Aquatics Center Closed 24HourFit+ is always open 24/7!	5:15 AM Cardio Box Plus 8:30 AM Boxercise 10:00 AM Brunch Crunch 10:45 AM Mature Mobility 3:30 PM SAQ 4:00 PM Tai Chi for Energy 5:15 PM Cycling Extended Pool Hours! 1:30-7:00 PM	8:30 AM Core S&B 5:00 PM Sport Fit Strength 5:15 PM Yoga	5:30 AM Cycling 7:30 AM Hydro-Fit 8:30 AM Boxercise 10:00 AM Brunch Crunch 10:45 AM Mature Mobility 3:30 PM SAQ	5:30 AM Strength & Mobility 6:15 AM Masters Swim 7:00 AM Intro to Swimming 8:30 AM Core S&B 8:30 AM Water Well-Being 5:00 PM Sport Fit Strength	5:15 AM Kettlebells 8:30 AM Boxercise 8:30 AM Cycling into Yoga 10:00 AM Brunch Crunch 10:45 AM Mature Mobility	Community CPR Certification 2:00-4:00 PM
CRC 15th Anniversary Week! Monday, April 28th thru Saturday, May 3rd Stay tuned for more info!	10:15-11:00 AM Blood Pressure Checks 3:30 PM SAQ Fitness Freebies Week! *Schedule will come out closer to the end of the month.		10:30 AM-1:00 PM Gymtime for Littles 3:30 PM SAQ		24HourFit+ is OPEN! More info here: Join today!	

Turn over for more info!

Events & Programs

SAQ {Strength, Agility, & Quickness}

Mondays/Wednesdays - April 2, 7, 9, 14, 16, 21, 23, 28, 30

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.

Gymtime for Littles

Wednesdays - April 2, 16, 30 @ 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. The cost is for the participant only (guardians do not have a fee for the program).*

CRC Bingo!

Thursday - April 3rd @ 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.

Toddler Gym & Swim

Wednesday - April 9th @ 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.*

Toddler Gym & Tumble

Friday - April 18th @ 9:00-9:45 AM and 10:00-10:45 AM

\$7.00 CRC members (per session) // \$10.77 non-members (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 2-5 years old. Please wear comfy clothes, socks, and have clean sneakers.

Community CPR Certification

Saturday - April 26th @ 2:00-4:00 PM CRC Conference Room

\$40.00 per person

This is a course for the general community who wish to learn CPR/AED certification by Jeff Ellis & Associates. This course is a single, integrated curriculum that includes training in adult and pediatric CPR, automated external defibrillation (AED), airway obstruction, heart attack/stroke prevention, and emergency care. Students receive the most current content through a variety of education methods and must practice the required lifesaving skills on a mannequin and also through stimulations, drills, and exercises to earn certification cards.

Blood Pressure Checks

Monday - April 28th @ 10:15-11:00 AM

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!



Help us celebrate!

15th Anniversary Week . . .

at the CRC!



Monday, April 28th - Saturday, May 3rd

Everyone is invited to celebrate the CRC turning
15 years old during Anniversary Week!

Stay tuned for more information on the upcoming activities we
have planned for the week.



Extended Pool Hours!

Monday, April 21st @ 1:30-7:00 PM

**CRC Closed Sunday, April 20th
for Easter!**

**24HOURFIT IS 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
809 Sawyer Dr. Osage, IA 50461
www.cedarrivercomplex.com

