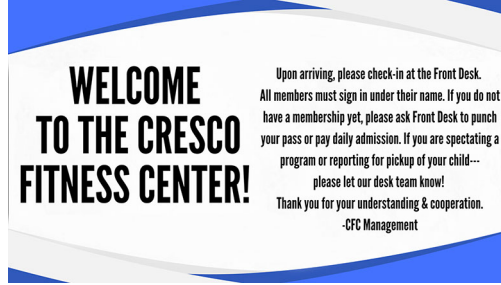




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CRESCO HERB SEALCOATING LLC
 Asphalt Sealing, Crackfilling & Line Striping
 Anthony 563.380.3220
 Vanessa 563.379.1187

Find us on **facebook**

If your driveway or parking lot is in need of crackfilling, sealcoating, and/or linestriping reach out for a free estimate!!

19.jpg

FOREVER FIT
 with Erin Solomon

Involves movement patterns that involve sitting, standing, stretching, and strengthening. Forever Fit is geared toward our senior members, however, participation is not limited to the demographic.

Thursday Mornings 11-11:30am
 Drop in pricing: \$5 Members, \$8 Non-Members OR use FitCard punch.

20.jpg

The birth of a truly meaningful program at the CFC benefitting our youth and honoring one of our community's great!

In preparation for our 2024 Park and Rec basketball season, the Cresco Fitness Center was given an honorable and humbling opportunity. Being a staple in our community, we wanted to give back to Cresco area youth ensuring athletic opportunities for all.

Thus, the Cresco Fitness Center founded the **Isaac Wiltgen Legacy Foundation**.

The IWLF started after Isaac's parents, Mark and Lukyn Wiltgen, wanted to give a gift to remember their son who passed in July of 2023.

They wanted to give a gift that would be dear to Isaac's heart.

Isaac graduated from Crestwood High School in 2012. As a child growing up in Cresco, he was active in many Park and Rec programs and enjoyed them immensely. Isaac's parents donated money to Cresco Park and Rec to be used to aid families in need to ensure that every child would have the opportunity to be able to afford and participate in any Park and Rec activity, program, or getting a uniform for sports.

The Isaac Wiltgen Legacy Foundation will continue to honor Isaac for years to come by continuing this effort to ensure all current and future kids can be afforded the same opportunities and experiences that Isaac had growing up in Cresco through Park and Rec.

If you feel called to donate to IWLF, please see the front desk for assistance or go to www.cityofcresco.com/park-rec to donate online. Any donation, large or small, will help to benefit a child in need.

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Going the extra mile?
 It's called service.

Don Dietzenbach
www.dondietzenbach.com

State Farm

22.jpg

CRESCO FITNESS CENTER

Facility Hours:
 Monday-Thursday: 5am-9pm
 Friday: 5am-7pm
 Saturday: 10am-5pm
 Sunday: 12pm-5pm
 (563) 547-3443
fitnesscenter@cityofcresco.com

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FitCard Pricing:

	Member	Non-Member
Drop in Rate	\$5	\$8
10 classes	\$30	\$60
20 classes	\$55	\$110
30 classes	\$75	\$150

*Gain universal access to ALL of our classes

24.jpg

Kim Holthaus
 CEDAR VALLEY PROPERTY SOLUTIONS
 563-419-0273
 Office Address: 122 N Elm, Cresco Iowa

Thinking about your next big move?

- Are you ready to start house hunting for your dream home?
- Do you want to get your current home sold quickly and for top dollar?
- Have a property, estate, or land you're considering selling at auction?

Our team can help you with all of it — buying, selling, or auction.

✓ Local Knowledge ✓ Trusted Guidance ✓ Results Driven

Let's Make Your Next Move Together!

Licensed Iowa Realtor | 122 N Elm St | Cresco, IA | 563-419-0273

25.jpg

CRESCO FITNESS CENTER

FUN & FITNESS
 Join us at the CFC for fun, fitness, games and team building opportunities.
 Open to all school aged children.

PRICING
 Group Admission + Hourly Rate

GROUP	ADMISSION RATES:
1-24	\$1/participant
25-49	\$1.50/participant
50-74	\$2/participant
75+	\$2.50/participant

INSTRUCTOR FEE = \$160/HR TO TOTAL (EXAMPLE: TWO 45 MINUTE SESSIONS WOULD EQUAL \$160 IN INSTRUCTOR FEES)

26.jpg

Text **"CRESCO PR"** to **91896** to receive text message alerts from Cresco Park & Rec

CRESCO PARK & REC

27.jpg

How can our 24/7 access feature benefit you?

24/7 gives access to the track and fitness equipment outside of regular hours, as well as access to the facility when the CFC is closed for the holidays.

Must be 18+
Must have a yearly membership.

Cost
Fee: \$35 for 1st 100 on membership
\$15 for 2nd 100 on membership
\$5 per month or \$60 for the year per user.

24/7 ACCESS

www.cityofcresco.com/fitness-center/247

*must be paid in full, automatic withdraw, or payroll deducted

28.jpg

Join us at the CFC!

Facility Hours
Monday-Thursday: 5am-9pm
Friday: 5am-7pm
Saturday: 10am-5pm
Sunday: 12-5pm

Pool Hours
Monday-Thursday: 4-8pm
Friday: 4-7pm
Saturday: 10am-5pm
Sunday: 12-5pm

What's Available

- Indoor Pool and Spa
- Fitness Equipment
- 100m Indoor Track
- Locker Rooms
- Batting & Golf Cage
- Matted Multi-Purpose Area
- Meeting Rooms
- Wrestling Room
- Multiple Private Fitness Rooms
- Gymnasium - basketball, volleyball, soccer, & pickleball

24/7 ACCESS NOW AVAILABLE!

29.jpg

Super 8
BY WYNDHAM

(563) 387-9233
511 Second Ave SE • Cresco

Free WiFi • Breakfast included
Parking included • Pet friendly
Air conditioning • Business services

30.jpg

Water Walking
with felicia pecinovsky

WEDNESDAY MORNINGS AT 8AM

Drop in pricing: \$5 Members, \$8 Non-Members
OR use FITCard punch

31.jpg

Book your Event with us!

Looking for a Facility that has everything for your NEXT GROUP ACTIVITY?

Zero Depth Entrance Pool with Diving Board
Full Size Basketball Court with 8 Hoops
Volleyball/Pickleball Nets
Dodgeball Area
Batting and Pitching Cages
Golf Putting and Driving Area
Matted Wrestling Room
Multiple Rooms for Group Gatherings

CALL TODAY!
Ask about our Group Rates!

MORE INFORMATION:
(563) 387-9233
www.cityofcresco.com/fitness-center/pool
316 3rd Ave E Cresco, IA 52136

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★★★★ C ★★★★★

CRESCO
PARK & REC.

FOLLOW
BOTH CRESCO FITNESS CENTER AND
CRESCO PARK AND REC
ON FB AND INSTAGRAM

Facebook icon Instagram icon

Cresco Park & Recreation @cresco_park_and_rec @cresco_fitness_center

33.jpg

**Cresco Fitness Center 24/7 Access
Emergency Procedures**
Address: 316 3rd Ave. East Cresco, IA 52136

Electrical Outage - All Power Is Off
Exit the building via safest possible route - lobby or emergency exits.

Fire Alarm Sounding
Exit the building via safest possible route - lobby or emergency exits.

Tornado/Severe Weather Warning
Take shelter immediately in main hallway and restrooms, away from all windows.

Cresco Police Phone Number: 563-547-2424
Emergency Number: 9-1-1

If using the Cresco Fitness Center phone, you must dial '9' before any phone number.
Example: 9-3451

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**Unfamiliar With
Fitness Equipment?**

Schedule a Fitness Orientation at the Front Desk!

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See Any Faulty Equipment?
Let the Front Desk know!

36.jpg

BECOME A FITCREW MEMBER TODAY!

Hello CFC Family! Our FitCrew Member application is a volunteer position dedicated to serving the Cresco Fitness Center and/or the Cresco Park & Rec.

FitCrew Members are highly dedicated members who embody our mission, practice what they preach, and is extremely passionate towards serving the Cresco Fitness Center/Cresco Park & Rec.

If YOU are interested in helping us make a difference for our members, facility, parks, and grounds, please sign up **TODAY!**

For more information: Pick up an application from the CFC Or message us!



If you notice one of our monitors not working or would like to see Your AD Here please,

Call Us
815-872-5040

CRESCO FITNESS CENTER HOURS

Monday – Thursday: 5AM-9PM
Friday: 5AM-7PM
Saturday: 10AM-5PM
Sunday: 12PM-5PM

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FITNESS CENTER MEMBERS & GUESTS

CLEAN, CLOSED TOE ATHLETIC SHOES ARE REQUIRED ON THE BLACK MATS AND TRACK.

THANK YOU FOR HELPING KEEP THE CFC CLEAN!

Cresco Fitness Center Gym Rules

1. Must be in 7th grade or older to be on the black mats & use fitness equipment.
2. Be respectful of others & allow them to "work in".
3. Use equipment properly & for intended use, i.e., No dropping weights.
4. Disinfect & return equipment after each use.
5. Return all equipment to proper place.
6. Proper fitness clothing & footwear is required.
7. No food or drinks, except water, allowed on the black mats.
8. Get better everyday.
9. Build fellow members up.
10. Have fun and finish stronger than you started.

EMBRACE THE OPEN ROAD

Ask your dealer about mechanical breakdown protection.
Zero deductible & 24/7/365 roadside assistance

ASC WARRANTY

Cresco Motor Company
Bumper to Bumper Warranty
Up to 8 Years | 120,000 Miles
Financing Available!

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THE HEAVIEST WEIGHT IN THE GYM IS THE FRONT DOOR

CRESCO FITNESS CENTER

Rent the Kessel Lodge!

Plenty of outdoor space including an outdoor shelter and grill, corn hole boards, and Kessel Park within walking distance!

- Seats 60 People
- Air Conditioning
- Furnace
- Full Kitchenette
- Cable TV
- Restrooms

Daily Rental Fees
\$125 – Fri, Sat, Sun, & Holidays
\$100 – Mon-Thurs
*\$50 Deposit

www.cityofcresco.com

LEGACY FOUNDATION

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“LIKE” our Facebook Page and Follow us on Instagram!
Just search: “Cresco Fitness Center”
Stay up to date on everything CFC and Park & Rec. related!

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800-397-9964
www.cusb.bank

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LOCKER RENTALS ARE AVAILABLE:
\$43.20 per year or \$4.00 per month.
Inquire at the Front Desk.

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Mission Statement:
“Our mission is to create a healthy lifestyle environment for all walks of life. We seek to maximize quality of life to empower each person to build confidence, energy, and positivity to overcome any hurdle mentally, physically, and emotionally.”

49.jpg

GOSCH'S HEATING & PLUMBING
DUCT CLEANING
563-547-4392
329 2nd Ave SE • Cresco

DAIKIN COMFORT PRO

CERTIFICATIONS	AREAS SERVED
MASTER PLUMBING	HOWARD COUNTY, IA
HEATING & AIR CONDITIONING	WINNESHIEK COUNTY, IA
MASTER MECHANICAL LICENSED	CHICKASAW COUNTY, IA
DAIKIN COMFORT PRO TECHNICIANS	MITCHELL COUNTY, IA

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Need an idea for YOUR next party or event!?
WE GOT YOU COVERED!
To reserve your spot, call us at 563-547-3443 to choose from a variety of options that will for sure be a great time for everyone!

52.jpg

Polashek's LOCKER

Stop on by!
218 S Main St,
Protivin, IA

Polashek's Locker
(563) 569-3774

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Reserve a Park Shelter!

Perfect for family gatherings, parties, & social events!

Available at:
Evans Park • East Park
Kessel Park • Beadle Park

www.cityofcresco.com

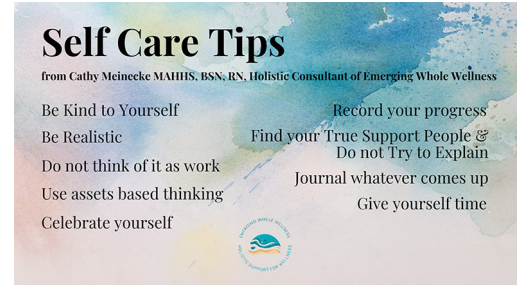
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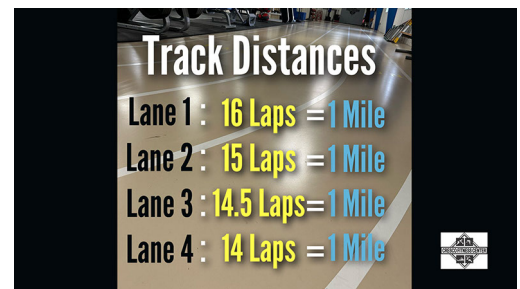
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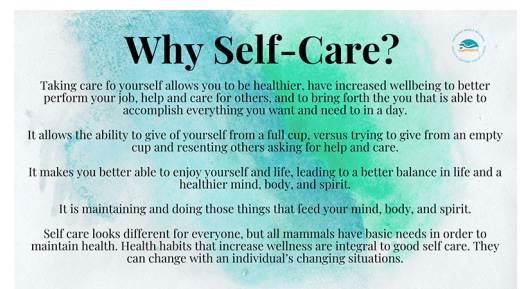
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