“JENN-SANITY”

GROUP FITNESS @ CRHC



Jenn Sands, CPT

CRHC WELLNESS SPECIALIST

“Jenn-Sanity” AM

- Offered every Mon & Wed
- Mornings from 5:00 - 5:45 AM
- Cardio & weight training
- For moderate to intermediate fitness levels

“Jenn-Sanity” PM

- Offered every Mon / Tues / Thurs
- Evenings from 5:15 - 6:00 PM
- Cardio & weight training
- For moderate to intermediate fitness levels

Kickstart with Jenn

- Offered every Mon & Wed
- Mornings from 7:00 - 7:30 AM
- Cardio & weight training
- For the beginner or lesser experienced fitness levels



Sign up & pay by scanning the QR code!

SCAN ME

Clarinda Regional Health Center

712-542-8224 | 220 ESSIE DAVISON DRIVE | CLARINDA, IA | CLARINDAHEALTH.COM