

# Clarinda Regional Health Center

## GROUP FITNESS SCHEDULE



# JANUARY 2026

CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 Jenn-Sanity AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanity PM	30 Jenn-Sanity PM Jenn- Strength	31 Jenn-Sanity AM Kick Start Fitness Focus	01 Total Body Aqua Jenn-Sanity PM	02 Jenn-Sanity AM Kick Start	03
04	05 Jenn-Sanity AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanity PM	06 Jenn-Sanity PM Jenn- Strength	07 Jenn-Sanity AM Kick Start Fitness Focus	08 Total Body Aqua Jenn-Sanity PM	09 Jenn-Sanity AM Kick Start	10
11	12 Jenn-Sanity AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanity PM	13 Jenn-Sanity PM Jenn-Strength	14 Jenn-Sanity AM Kick Start Fitness Focus	15 Total Body Aqua Jenn-Sanity PM	16 Jenn-Sanity AM Kick Start	17
18	19 Jenn-Sanity AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanity PM	20 Jenn-Sanity PM Jenn-Strength 	21 Jenn-Sanity AM Kick Start Fitness Focus	22 Total Body Aqua Jenn-Sanity PM	23 Jenn-Sanity AM Kick Start	24
25	26 Jenn-Sanity AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanity PM	27 Jenn-Sanity PM Jenn-Strength	28 Jenn-Sanity AM Kick Start Fitness Focus	29 Total Body Aqua Jenn-Sanity PM	30 Jenn-Sanity AM Kick Start	31

### CLASSES OFFERED:

#### Fitness Focus: For the Classics

- Monday/Wednesday
- 10:30 - 11:00am
- @ Rehab & Sports Medicine Center

#### Total Body Aqua

- Monday/Thursday
- 11:00 - 11:30am
- @ Lied Center Pool
- Need membership or pay to enter facility

#### “JENN-Sanity” AM

- Mon/Wed/Fri
- 5:00 - 5:45am
- @Rehab & Sports Medicine Center

#### “JENN-Sanity” PM

- Mon/Tues/Thurs
- 5:15 - 6:00pm
- @ Rehab & Sports Medicine Center

#### Kickstart with Jenn

- Mon/Wed/Fri
- 7:00 - 7:30am
- @Rehab & Sports Medicine Center

#### Strength Training

- Tuesday/Thursday
- 5:00-5:45am
- @Rehab & Sports Medicine Center

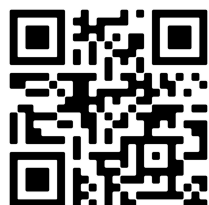
### Instructors

Alexa

Jenn

Chelsea

Instructors for specific classes are subject to change without notice due to availability.



### How to sign up for a class & pay online:

- Scan QR Code with your mobile device
- Choose the tab for “Group Fitness”
- Click “view” on the class you want to sign up for
- Choose your payment method and click “checkout”
- If you are new, create an account.

Don't want to pay online? Bring cash or check to your class!