Clarinda Regional Health Center

GROUP FITNESS SCHEDULE

NOVEMBER 2026

CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

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

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
- 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
- 7:00 - 7:30am
- @Rehab & Sports Medicine Center

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

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!

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Instructors

Alexa | Jenn | Chelsea

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