

# Clarinda Regional Health Center

## GROUP FITNESS SCHEDULE



# OCTOBER 2025

CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

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

### 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-Sanitary” AM

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

#### “JENN-Sanitary” 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



### 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!

### Instructors

Alexa

Jenn

Chelsea

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