

# Clarinda Regional Health Center

## GROUP FITNESS SCHEDULE



**MARCH 2025**  
 CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

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

### 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

### 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.

