

Clarinda Regional Health Center

GROUP FITNESS SCHEDULE



JUNE 2025
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 Jenn-Sanity AM Kick Start	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 Jenn-Sanity AM Kick Start	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 Jenn-Sanity AM Kick Start	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 Jenn-Sanity AM Kick Start	28
29	30 Jenn-Sanity AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanity PM	01	02	03	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/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.