Clarinda Regional Health Center
GROUP FITNESS SCHEDULE

APRIL 2025
CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

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

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!

Clarinda Regional Health Center

Instructors

| Alexa | Jenn | Chelsea |

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