

Clarinda Regional Health Center

GROUP FITNESS SCHEDULE



MAY 2026

CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

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

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-Sanitty” AM

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

“JENN-Sanitty” 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.

