

Clarinda Regional Health Center

GROUP FITNESS SCHEDULE



JULY 2025
CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Jenn-Sanity AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanity PM	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	31 Total Body Aqua Jenn-Sanity PM	01	02

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

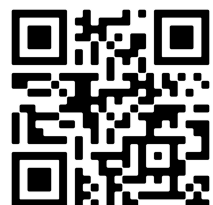
- Mon/Tues/Thurs
- 5:15 - 6:00pm
- @ Rehab & Sports Medicine Center

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.