

Clarinda Regional Health Center

GROUP FITNESS SCHEDULE



JULY 2026

CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

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

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.

