

Clarinda Regional Health Center

GROUP FITNESS SCHEDULE



DECEMBER 2025

CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	01 Jenn-Sanitary AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanitary PM	02 Jenn-Sanitary PM Jenn- Strength	03 Jenn-Sanitary AM Kick Start Fitness Focus	04 Total Body Aqua Jenn-Sanitary PM	05 Jenn-Sanitary AM Kick Start	06
07	08 Jenn-Sanitary AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanitary PM	09 Jenn-Sanitary PM Jenn- Strength	10 Jenn-Sanitary AM Kick Start Fitness Focus	11 Total Body Aqua Jenn-Sanitary PM	12 Jenn-Sanitary AM Kick Start	13
14	15 Jenn-Sanitary AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanitary PM	16 Jenn-Sanitary PM Jenn-Strength	17 Jenn-Sanitary AM Kick Start Fitness Focus	18 Total Body Aqua Jenn-Sanitary PM	19 Jenn-Sanitary AM Kick Start	20
21	22 Jenn-Sanitary AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanitary PM	23 Jenn-Sanitary PM Jenn-Strength	24 NO FITNESS CLASSES gym access for members	25 NO FITNESS CLASSES gym access for members	26 Jenn-Sanitary AM Kick Start	27
28	29 Jenn-Sanitary AM Kick Start Fitness Focus Total Body Aqua Jenn-Sanitary PM	30 Jenn-Sanitary PM Jenn-Strength	31 NO FITNESS CLASSES gym access for members	01 NO FITNESS CLASSES gym access for members	02 Jenn-Sanitary AM Kick Start	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-Sanitary” AM

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

“JENN-Sanitary” 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

Instructors

Alexa

Jenn

Chelsea

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



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!