

Clarinda Regional Health Center

GROUP FITNESS SCHEDULE



SEPTEMBER 2025

CLARINDAHEALTH.COM/WELLNESS-PROGRAMS

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

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.