


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
AM		AM		AM		AM		AM		AM			
5:30 - 6:30 Studio C	Cycle 60 Andrea Tubbs	5:30 - 6:30 Studio 3	XTREME! Bobbi Carter	5:30-6:30 Studio C	Power 60 Cycle Whitney/Mollie	5:30 - 6:30 Studio A	Metcon Bobbi Carter	5:30 - 6:30 Roots	Yoga Flow Lori Cramer	7:30-8:30 Studio C	Cycle 60 Tyler Toone		
5:45 - 6:45 Studio A	Overdrive Mindi Paskins	5:45 - 6:45 Roots	Yoga Flow Jen Mason	5:30-6:30 Studio 3	Underground: KB'S Cami Armstrong	5:45 - 6:45 Roots	Yoga Flow Kristy Healey	5:45 - 6:45 Studio A	Pure Strength Mindi Paskins	7:40 - 8:35 Fit Zone	WOD of the Day Gabe Zullo		
5:45 - 6:45 Roots	Releve' Blast Cami Armstrong	6:00 - 7:00 Studio 1	Raising the Barre Cami Armstrong	5:45-6:30 Roots	Yoga HIIT Sharee Wise	6:00 - 7:00 Studio 1	Raising the Barre Cami Armstrong	6:15-7:00 Studio C	Bodybeat Cycle Lisa Wilson	8:30 - 9:30 Studio 3	Xtreme! Felicia Merrill		
7:30 - 8:30 Studio A	Pure Strength Sharee Wise	7:15-8:15 Roots	Yoga Flow Jessica Reichardt	7:30 - 8:30 Studio A	Metcon Bobbi Carter	7:15-8:15 Roots	Gentle Yoga Lori Cramer	6:45 - 7:45 Studio A	Metabolic Meltdown Bobbi Carter	9:30 - 10:30 Studio 1	Raising the Barre Laura Kate Stika		
8:30-9:30 Studio 1	Raising the Barre Lindsay Kohler	8:30-9:30 Studio 1	Barre Burn Kristi Mecham	8:30 - 9:15 Roots	Yoga Sculpt Julie Labrum	8:00-9:00 Studio A	Pilates - On the Ball Kristi Mecham	7:15-8:15 Roots	Yoga Flow 2 Sharee Wise	9:30 - 10:30 Studio 3	Zumba Trina Jensen		
8:30-9:15 Roots	Barefoot Bootcamp Julie Labrum	8:30 - 9:30 Studio 3	High Fitness Lindsay Kohler	8:30 - 9:30 Studio A	Pure Strength Bobbi Carter	8:30-9:30 Studio 3	High Fitness Lindsay Kohler	8:30 - 9:30 Studio 3	Xtreme! Marylynn Thomas	9:30 - 10:30 Studio A	Pure Strength Felicia Merrill		
8:30 - 9:30 Treadmills	Runner's Edge Aubrie West	8:30 - 9:30 Studio A	Pilates - On the Ball Deborah Posselli	8:30 - 9:30 Studio 1	Raising the Barre Brenna Carlson	8:30-9:30 Treadmills	Runner's Edge Aubrie West	8:30-9:15 Roots	Yoga HIIT Julie Labrum	9:30 - 10:30 Roots	Yoga Flow Jen Mason		
8:30 - 9:30 Studio 3	Dance Junkie Brenna Carlsen	8:30-9:15 Roots	Yoga Strength Julie Labrum	8:30-9:00 Studio 3	Whipped Strong MaryLynn Thomas	9:00-9:45 Studio C	Cycle Tone Loriol Andersen	8:30 - 9:30 Studio A	Pure Strength Kristi Mecham	10:30-11:30 Studio 3	TRX Pilates Loriol Anderson		
8:30 - 9:30 Studio A	Pure Strength MaryLynn Thomas	9:00-10:00 Pool	Aqua Fitness Hege Farnsworth	9:00-9:30 Studio 3	Whipped Strong MaryLynn Thomas	8:30-9:30 Roots	Yoga Flow 2 AnneMarie White	8:30 - 9:30 Studio 1	Raising the Barre Lindsay Kohler	10:30 - 11:30 Studio A	High Fitness Amber Little		
9:00 - 10:00 Pool	Aqua Fitness Kristi Mecham	9:30-10:15 Studio C	Bodybeat Cycle Lisa Wilson	9:00 - 10:00 Pool	Aqua Fitness Laura Kate Stika	9:00 - 10:00 Pool	Aqua Fitness Hege Farnsworth	9:00 - 10:00 Pool	Aqua Fitness Laura Kate Stika	10:45-12:00 Roots	Restorative Yoga Michele Orgill		
9:30-10:30 Roots	Yoga Flow 2 Julie Labrum	9:30 - 10:30 Studio 1	Barre Burn Kristi Mecham	9:30-10:15 Roots	Full Body Pilates Mary Leonard	9:00 - 9:30 Studio A	Ab Lab Sharee Wise	9:30-10:30 Studio C	Rhythm Ride Aubrie West				
9:30 - 10:30 Studio A	Metabolic Meltdown Mary Leonard	9:30 - 10:30 Studio 3	Underground: KB'S Bobbi Carter	9:30-10:15 Studio A	Rock Bottom Sharee Wise	9:45-10:30 Roots	Barefoot Bootcamp Julie Labrum	9:30-10:30 Roots	Yoga Flow Julie Labrum				
9:30 - 10:30 Studio 1	Raising the Barre Laura Kate Stika	9:30 - 10:30 Studio A	Zumba MaryAnn Horne	9:30 - 10:30 Studio 3	Dance Club Cardio Lisa Wilson	9:30 - 10:30 Studio 1	Barre Burn Aubrie West	9:30 - 10:30 Studio A	Body Worx Jody Barney	9:00-10:00 Roots	Yoga Flow Anna/Sharee		
9:30-10:30 Studio 2	Power Mat Pilates AnneMarie White	9:30-10:30 Roots	Not My Mamma's Pilates MaryLynn Thomas	9:30-10:30 Studio 1	Raising the Barre Lindsay/Cami	9:30-10:00 Studio A	Armed & Dangerous Sharee Wise	9:30 - 10:45 Studio 3	Dance Club Cardio Lisa Wilson	10:15-11:15 Roots	Yoga Flow Anna/Sharee		
9:30 - 10:30 Studio C	Rhythm Ride Aubrie West			9:30 - 10:30 Studio C	Cycle Tone Jaynann Gaoiran	9:30 - 10:30 Studio 3	Dance Junkie Brenna Carlson	9:30 - 10:30 Studio 1	Raising the Barre Brenna Carlson				
10:45-11:45 Roots	Yoga Flow AnneMarie White			10:45-11:45 Roots	Gentle Flow Yoga Michele Orgill	10:00-10:30 Studio A	Firestarter Sharee Wise	10:45 - 11:45 Roots	Power Mat Pilates Loriol Andesen				
						10:40-11:50 Roots	Yoga Flow Jennifer Salerno	12:00-1:00 Roots	Yoga Flow Nicole Schmidt				
						12:00-1:00 Roots	Yoga Flow 2 Jennifer Salerno						
PM		PM		PM		PM		 <p>Treehouse Athletic Club Group Fitness Schedule Effective May 1st, 2019</p> <p>CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES</p> <p>Changes to the previous schedule are indicated in bold</p>					
4:15 - 5:15 Studio A	Dave's Strength Class David Nielsen	5:30 - 6:30 Roots	Yoga Flow Nicole Schmidt	5:30-6:30 Studio A	Cardio Core Whitney Sutton	4:15 - 5:15 Studio A	Dave's Strength Class David Nielsen					5:30 - 6:30 Roots	Yoga Flow Jen Mason
5:30-6:30 Roots	Yoga Flow Anna Johnson	6:45 - 7:45 Roots	Yoga Flow Nicole Schmidt	6:00-7:00 Roots	Yoga/Pilates Fusion Loriol Anderson	5:30 - 6:30 Roots	Yoga Flow Jen Mason					6:45 - 8:00 Roots	Yoga Flow Nicole Schmidt
6:00 - 7:00 Studio A	Dance Club Cardio Lisa Wilson	7:00-8:00 Studio A	High Fitness Rachel Mendenhall	6:30-7:30 Studio A	Dance Junkie Trina Jensen	6:45 - 8:00 Roots	Yoga Flow Nicole Schmidt					7:00-8:00 Studio A	High Fitness Amber Little
6:45-7:45 Roots	Yoga Flow 2 Anna Johnson	8:15 - 9:15 Roots	Hot Yin Yoga Michele Orgill	7:00-7:45 Studio C	Cycle Tone Loriol Anderson	7:00-8:00 Studio A	High Fitness Amber Little					8:15 - 9:15 Roots	Restorative Yoga Michele Orgill
7:15 - 8:15 Studio 1	Raising the Barre Joslin Russell			7:00 - 8:30 Roots	Restorative Yoga Michele Orgill	7:00 - 8:30 Roots	Restorative Yoga Michele Orgill						
8:00-9:00 Roots	Restorative Yoga Rebecca Deighan			7:15 - 8:15 Studio 1	Raising the Barre Joslin Russell								