MONDAY

AM		
5:30-6:30	Barefoot Bootcamp	Roots / Cami Armstrong
6:00 - 7:00	Metabolic Meltdown	Studio A / Mindi Paskins
8:30 - 9:30	Runner's Edge	Treadmills / Aubrie Ciervo
8:30 - 915	Barefoot Bootcamp	Roots / Cami Armstrong
8:30 - 9:30	Pure Strength	Studio A / MaryLynn Thomas
8:30 - 9:30	Barre Burn	Studio 1 / Kris Mecham-Schuenman
9:00 - 10:00	Aqua Fitness	Pool / Laura Stika
9:30 - 10:30	NITRO*	Summit / Rachel Mendenhall
9:30 - 10:30	High Fitness	Studio 3 / Amber LIttle
9:30 - 10:30	Heated Power Flow	Roots / Felicia Kent
9:30 - 10:30	Metabolic Meltdown	Studio A / Andrea Reynolds
9:30 - 10:30	Raising the Barre	Studio 1 / Lindsay Kohler
10:30 - 11:00	Myofascial Release	Studio A / Felicia Kent
10:45 - 11:45	Yoga Flow	Roots / AnneMarie White

PM		
4:15 - 5:15	Dave's Strength Class	Studio A / David Nielson
6:15 - 7:15	Dance Club Cardio	Studio 3 / Lisa Wilson
6:15 - 7:15	NITRO*	Summit / Andrea Reynolds
7:00 - 8:00	Raising the Barre	Studio 1 / Kassidy Anderson
7:15 - 8:30	Yoga Stretch	Roots / Michele White

TUESDAY

AM		
5:30 - 6:30	Xtreme 2*	Summit / Cami McBride
6:00 - 7:00	Yoga Flow	Roots / Jess Reichardt
6:00 - 7:00	Raising the Barre	Studio 1 / Cami Armstrong
6:30 - 7:00	Core & Cardio* 30Xpress	Summit / Mindi Paskins
7:00 - 7:30	Myofascial Release	Studio A / Courtnie Cotterell
7:30 - 8:30	Pure Strength	Studio A / Courtnie Cotterell
8:00 - 8:45	Gentle Strength	Summit / Laura Stika
8:30 - 9:30	Dance Fusion	Studio A / Brenna Carlsen
8:30 - 9:30	Barre Burn	Studio 1 / Kristi Mecham
8:30 - 9:30	Yoga Flow 2	Roots / Jen Mason
9:00 - 9:30	Runner's Edge 30Xpress	Treadmills / Aubrie Ciervo
9:00 - 10:00	Aqua Fitness	Pool / Kassidy Christensen
9:00 - 9:30	Kettlebell Core	Studio 3 / Bobbi Carter
9:30 - 10:30	Underground: KB	Studio 3 / Bobbi Carter
9:30 - 10:30	Pure Strength	Studio A / Amber Little
9:30 - 10:30	Pure Strength 2*	Summit / Aubrie Ciervo
9:30 - 10:30	Raising the Barre	Studio 1 / Brenna Carlsen
9:30 - 10:15	Bodybeat Cycle	Studio C / Lisa Wilson
9:30 - 10:30	Not Your Momas Pilates	Roots / MaryLynn Thomas
10:30 - 11:00	Restore Deep Release	Roots / MaryLynn Thomas

PM		
6:00 - 7:00	Yoga Flow 2	Roots / Jen Mason
7:00 - 8:00	High Fitness	Studio A / Yvonne Fuellenbach

WEDNESDAY

AM		
5:00 - 5:30	Kettlebell Core	Studio 3 / Cami A / Cami M
5:30 - 6:30	Underground: KB	Studio 3 / Cami A / Cami M
6:15 - 7:15	NITRO*	Summit / Kim Tall
7:30 - 8:15	Full Body Pilates	Roots / Felicia Kent
8:30 - 9:30	50/50 Strong	Studio 3 / MaryLynn Thomas
8:30 - 9:30	Pure Strength	Studio A / Bobbi Carter
8:30 - 9:15	Full Body Pilates	Roots / Aubrie Ciervo
8:30 - 9:30	Raising the Barre	Studio 1 / Brenna Carlsen
9:00 - 10:00	Aqua Fitness	Pool / Courtnie Cotterell
9:30 - 10:30	NITRO*	Summit / Andrea Reynolds
9:30 - 10:30	Full Body Pilates	Roots / Mary Leonard
9:30 - 10:30	Raising the Barre	Studio 1 / Abbey Bench
9:30 - 10:30	Pure Strength	Studio A / Aubrie Ciervo
9:30 - 10:30	Dance Club Cardio	Studio 3 / Lisa Wilson
10:45 - 11:45	Yoga Flow	Roots / Micheoe White
10:30 - 11:00	Myofascial Release	Studio A / Aubrie Ciervo

PM		
5:30 - 6:30	Dance Fusion	Studio A / Carolina Schneider
7:00 - 8:30	Resonance Renewal Yoga	Roots / Michele White
7:00 - 8:00	Raising the Barre	Studio 1 / Anna Nelson

THURSDAY

AM		
5:45 - 6:45	Trifecta	Studio C / Cami McBride
6:00 - 7:00	Raising the Barre	Studio 1 / Cami Armstrong
7:00 - 7:30	Myofascial Release	Studio A / Cami McBride
7:15 - 8:15	Gentle Flow	Roots / Lori Cramer
7:30 - 8:30	Metabolic Meltdown	Studio A / Cami McBride
8:00 - 8:45	Gentle Strength	Summit / Kristi Mecham
8:30 - 9:30	Raising the Barre	Studio 1 / Lindsay Kohler
8:30 - 9:30	Pure Strength	Studio A / Felicia Kent
8:30 - 9:30	Runner's Edge	Treadmills / Aubrie Ciervo
8:30 - 9:30	High Fitness	Studio 3 / Courtnie Cotterell
8:30 - 9:30	Yoga Flow 2	Roots / AnneMarie White
9:00 - 10:00	Aqua Fitness	Pool / Kristi Mecham
9:30 - 10:30	Dance Fusion	Studio 3 / Kassidy Christensen
9:30 - 10:30	Barre Burn	Studio 1 / Aubrie Ciervo
9:30 - 10:30	Pure Strength 2*	Summit / Andrea Reynolds
9:30 - 10:30	Instructed Pickleball	Gym / Lance Lagerquist
9:45 - 10:30	Barefoot Bootcamp	Roots / Cami Armstrong
10:45 - 11:45	Pilates Fundamentals	Roots / AnneMarie White

PM		
4:15 - 5:15	Dave's Strength Class	Studio A / David Nielson
6:00 - 7:00	Heated Power Flow	Roots / Michelle Boyack
7:00 - 8:00	High Fitness	Studio A / Yvonne Fuellenbach

FRIDAY

AM		
5:30 - 6:30	Yoga Flow	Roots / Lori Cramer
5:45 - 6:45	Tabata Strength	Sudio A / Mindi Paskins
6:15 - 7:15	Xtreme 2*	Summit / Rachel Mendenhall
6:45 - 7:45	Metabolic Meltdown	Studio A / Cami McBride
8:15-9:15	Barefoot Bootcamp	Roots / Cami Armstrong
8:30 - 9:30	Pure Strength	Studio A / Stacie Aho
8:30 - 9:30	Bodybeat Cycle	Studio C / Lisa Wilson
9:00 - 10:00	Aqua Fitness	Pool / Laura Stika
9:30 - 10:30	Heated Vinyasa	Roots / Felcia Kent
9:30 - 10:30	Metcon	Studio A / Aubrie Ciervo
9:30 - 10:45	Dance Club Cardio	Studio 3 / Lisa Wilson
9:30 - 10:30	Raising the Barre	Studio 1 / Brenna Carlsen
10:30 - 11:30	Barre Burn	Studio 1 / Kristi Mecham
10:45 - 11:45	Yoga Flow	Roots / Tanisha Hansen

SATURDAY

AM		
7:30 - 8:30	Core & Cardio*	Summit / Bobbi Carter
8:15 - 9:15	Yoga Flow	Roots / Jen Mason
8:30 - 9:30	High Fitness	Studio A / Amber Little
8:30 - 9:30	Xtreme!	Studio 3 / Ha Bui
9:30 - 10:30	Savage Strength	Studio A / Melissa Garcia
9:30 - 10:30	Raising the Barre	Studio 1 / Barre Team
9:30 - 10:30	Yoga Flow	Roots / Jen Mason
9:30 - 10:30	Dance Fusion	Studio 3 / Brenna Carlsen
11:00 - 12:15	Restorative Yoga	Roots / Tanisha Hansen

SUNDAY

9:00 - 10:00	Yoga Flow	Roots / Jess/Sarah
10:15 - 11:15	Yoga Flow	Roots / Jess/Tanisha
11:30 - 12:45	Restore & Release	Roots / Tanisha Hansen

Treehouse Ahtletic Club
Group Fitness Schedule

May 2026

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

*Requires reservation to class through Member Account/TreeFit app