MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM	
5:30-6:30	Barefoot Bootcamp	5:30 - 6:30	Xtreme 2*	5:00 - 5:30	Kettlebell Core	5:45 - 6:45	Trifecta	5:30 - 6:30	Yoga Flow	7:30 - 8:30	Core & Cardio*
Roots	Cami Armstrong	Summit	Melissa Garcia	Studio 3	Cami A / Cami M	Studio C	Cami McBride	Roots	Lori Cramer	Summit	Cami Armstrong
6:00 - 7:00	Metabolic Meltdown	6:00 - 7:00	Yoga Flow	5:30 - 6:30	Underground: KB	6:00 - 7:00	Raising the Barre	5:45 - 6:45	Tabata Strength	8:15 - 9:15	Yoga Flow
Studio A	Mindi Paskins	Roots	Jess Reichardt	Studio 3	Cami A / Cami M	Studio 1	Cami Armstrong	Sudio A	Mindi Paskins	Roots	Jen Mason
7:15 - 8:15	Trifecta	6:00 - 7:00	Raising the Barre	6:15 - 7:15	Ignite*	7:00 - 7:30	Myofascial Release	6:15 - 7:15	Nitro*	8:30 - 9:30	High Fitness
Studio C	Cami McBride	Studio 1	Cami Armstrong	Summit	Rachel Mendenhall	Studio A	Cami McBride	Summit	Cami Armstrong	Studio A	High Fit Team
8:30 - 9:30	Runner's Edge	6:30 - 7:00	Core & Cardio* 30Xpress	7:30 - 8:30	Full Body Pilates	7:15 - 8:15	Gentle Flow	6:45 - 7:45	Metabolic Meltdown	8:30 - 9:30	Xtreme!
Treadmills	Aubrie Ciervo	Summit	Mindi Paskins	Roots	Felicia Kent	Roots	Lori Cramer	Studio A	Cami McBride	Studio 3	Ha Bui
8:30 - 9:25	Barefoot Bootcamp	7:00 - 7:30	Myofascial Release	8:30 - 9:30	50/50 Strong	7:30 - 8:30	Metabolic Meltdown	8:15-9:15	**Full Body Pilates NEW**	9:30 - 10:30	Savage Strength
Roots	Felicia Kent	Studio A	Courtnie Cotterell	Studio 3	MaryLynn Thomas	Studio A	Cami McBride	Roots	Felicia Kent	Studio A	Melissa Garcia
8:30 - 9:30	Pure Strength	7:30 - 8:30	Pure Strength	8:30 - 9:30	Pure Strength	8:00 - 8:45	Gentle Strength	8:30 - 9:30	Pure Strength	9:30 - 10:30	Raising the Barre
Studio A	MaryLynn Thomas	Studio A	Courtnie Cotterell	Studio A	Courtnie Cotterell	Summit	Kristi Mecham	Studio A	Stacie Aho	Studio 1	Barre Team
8:30-9:30	**Surge Strength NEW**	8:00 - 8:45	Gentle Strength	8:30 - 9:15	Full Body Pilates	8:30 - 9:30	Raising the Barre	8:30 - 9:30	Bodybeat Cycle	9:30 - 10:30	Yoga Flow
Studio 3	Michelle Oakeson	Summit	Laura Stika	Roots	Aubrie Ciervo	Studio 1	Lindsay Kohler	Studio C	Lisa Wilson	Roots	Jen Mason
8:30 - 9:30	Barre Burn	8:30 - 9:30	Dance Fusion	8:30 - 9:30	**Barre Burn NEW**	8:30 - 9:30	Runner's Edge	8:30-9:30	Barefoot Bootcamp	9:30 - 10:30	Dance Fusion
Studio 1	Kris Mecham-Schuenman	Studio A	Brenna Carlsen	Studio 1	Michelle Oakeson	Treadmills	Aubrie Ciervo	Studio 1	Kassidy Andersen	Studio 3	Brenna Carlsen
9:00 - 10:00	Aqua Fitness	8:30 - 9:30	Barre Burn	9:00 - 10:00	Aqua Fitness	8:30 - 9:30	High Fitness	9:00 - 10:00	Aqua Fitness	11:00 - 12:15	Restorative Yoga
Pool	Kassidy Andersen	Studio 1	Kristi Mecham	Pool	Kassidy Andersen	Studio 3	Courtnie Cotterell	Pool	Laura Stika	Roots	Tanisha Hansen
9:30 - 10:30	NITRO*	8:30 - 9:30	Yoga Flow 2	9:30 - 10:30	Ignite*	8:30 - 9:30	Yoga Flow 2	9:30 - 10:30	**Heated Power Flow NEW**		
Summit	Rachel Mendenhall	Roots	Jen Mason	Summit	Andrea Reynolds	Roots	AnneMarie White	Roots	Michelle Boyack		
9:30 - 10:30	High Fitness	9:00 - 9:30	Runner's Edge 30Xpress	9:30 - 10:30	Full Body Pilates	9:00 - 10:00	Aqua Fitness	9:30 - 10:30	Metcon		
Studio 3	Yvonne Fuellenback	Treadmills	Aubrie Ciervo	Roots	Mary Leonard	Pool	Kristi Mecham	Studio A	Aubrie Ciervo		
9:30 - 10:30	**Heated Power Flow NEW**	9:00 - 10:00	Aqua Fitness	9:30 - 10:30	Raising the Barre	9:30 - 10:30	Dance Fusion	9:30 - 10:45	Dance Club Cardio		
Roots	Anna Johnson	Pool	Laura Stika	Studio 1	Abbey Bench	Studio 3	Kassidy Andersen	Studio 3	Lisa Wilson	**SUNDAY**	
9:30 - 10:30	Metabolic Meltdown	9:00 - 9:30	Kettlebell Core	9:30 - 10:30	Pure Strength	9:30 - 10:30	Barre Burn	9:30 - 10:30	Raising the Barre	9:00 - 10:00	Yoga Flow
Studio A	Andrea Reynolds	Studio 3	Lindsay Kohler	Studio A	Aubrie Ciervo	Studio 1	Aubrie Ciervo	Studio 1	Brenna Carlsen	Roots	Jess/Sarah
9:30 - 10:30	Raising the Barre	9:30 - 10:30	Underground: KB	9:30 - 10:30	Dance Club Cardio	9:30 - 10:30	Pure Strength 2*	10:30 - 11:30	Barre Burn	10:15 - 11:15	Yoga Flow
Studio 1	Lindsay Kohler	Studio 3	Lindsay Kohler	Studio 3	Lisa Wilson	Summit	Andrea Reynolds	Studio 1	Kristi Mecham	Roots	Jess/Tanisha
10:30 - 11:00	**Myofascial Release NEW**	9:30 - 10:30	Pure Strength	10:45 - 11:45	Yoga Flow	9:30 - 10:30	Instructed Pickleball	10:45 - 11:45	Yoga Flow	11:30 - 12:45	Restore & Release
Roots	Anna Johnson	Studio A	Rachel Mendenhall	Roots	Michele White	Gym	Lance Lagerquist	Roots	Tanisha Hansen	Roots	Tanisha Hansen
11:00-12:00	**Yoga Flow NEW TIME**	9:30 - 10:30	Pure Strength 2*	10:30 - 11:00	Myofascial Release	9:30-10:30	**Pure Strength NEW**				
Roots	AnneMarie White	Summit	Aubrie Ciervo	Studio A	Aubrie Ciervo	Studio A	Rachel Mendenhall				
		9:30 - 10:30	Raising the Barre			9:45 - 10:30	Barefoot Bootcamp				
		Studio 1	Brenna Carlsen			Roots	Abbey Bench				
		9:30 - 10:15	Bodybeat Cycle			10:45 - 11:45	Pilates Fundamentals				
		Studio C	Lisa Wilson			Roots	AnneMarie White				
		9:30 - 10:30	Not Your Momas Pilates								
		Roots	MaryLynn Thomas								
		9:30 - 10:30	Instructed Pickleball								
		Gym	Lance Lagerquist								
		10:30 - 11:00	Restore Deep Release								
		Roots	MaryLynn Thomas								
PM		PM		PM		PM					
4:15 - 5:15	Dave's Strength Class	6:30 - 7:30	**Barefoot Bootcamp NEW**	7:00 - 8:30	Resonance Renewal Yoga	4:15 - 5:15	Dave's Strength Class				
Studio A	David Nielson	Roots	Tanisha Hansen	Roots	Michele White	Studio A	David Nielson				
6:15 - 7:15	Dance Club Cardio	7:00 - 8:00	High Fitness	7:00 - 8:00	Raising the Barre	6:00 - 7:00	Heated Power Flow				
Studio 3	Lisa Wilson	Studio A	Yvonne Fuellenbach	Studio 1	Anna Nelson	Roots	Michelle Boyack				
6:15 - 7:15	NITRO*			7:00 - 8:00	**Pure Strength NEW**	7:00 - 8:00	High Fitness				
Summit	Andrea Reynolds			Studio A	Laura Stika	Studio A	Lisa Gleed				
7:00 - 8:00	Raising the Barre										
Studio 1	Kassidy Andersen										
7:00 - 8:00	Yoga Stretch										
Roots	Michele White										

Treehouse Athletic Club
Group Fitness Schedule

Fall 2026

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

*Requires reservation to class through Member Account/TreeFit app