

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



Treehouse Athletic Club
Group Fitness Schedule

May 2026

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

*Requires reservation to class through Member Account/TreeFit app