

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM	
5:45 - 6:45	Barefoot Bootcamp	5:30 - 6:30	Xtreme!	5:30 - 6:30	Underground: KB	6:00 - 7:00	Metcon	5:30 - 6:30	Yoga Flow	7:30 - 8:30	Core & Cardio*
Roots	Cami Armstrong	Studio 3	Cami McBride	Studio 3	Cami A / Cami M	Studio A	Bobbi Carter	Roots	Lori Cramer	Summit	Bobbi Carter
6:00 - 7:00	Metabolic Meltdown	6:00 - 7:00	Core & Cardio*	6:15 - 7:15	NITRO*	5:45 - 6:45	Yoga Flow	5:45 - 6:45	Tabata Strength	8:30 - 9:30	High Fitness
Studio A	Mindi Paskins	Summit	Mindi Paskins	Summit	Kim Tall	Roots	Kristy Heoley	Studio A	Mindi Paskins	Studio A	Amber Little
8:30 - 9:30	Runner's Edge	6:00 - 7:00	Yoga Flow	7:30 - 8:15	Full Body Pilates	6:00 - 7:00	Raising the Barre	6:15 - 7:00	Xtreme2*	8:15 - 9:15	Yoga Flow
Treadmill	Aubrie West	Roots	Jess Reichardt	Roots	Julie Labrum	Studio 1	Cami Armstrong	Summit	Rachel Mendenhall	Roots	Jen Mason
8:30 - 9:30	TRX KB Total Body	6:00 - 7:00	Raising the Barre	8:30 - 9:30	50/50 Strong	7:15 - 8:15	Gentle Yoga	6:45 - 7:45	Metabolic Meltdown	8:30 - 9:30	XTREME!
Studio 3	Andrea Reynolds	Studio 1	Cami Armstrong	Studio 3	MaryLynn Thomas	Roots	Lori Cramer	Studio A	Bobbi Carter	Studio A	Strength Team
8:30 - 9:15	Barefoot Bootcamp	7:30 - 8:30	Pure Strength	8:30 - 9:30	Pure Strength	7:30 - 8:30	Metabolic Meltdown	8:30 - 9:15	Barefoot Bootcamp	9:30 - 10:30	Raising the Barre
Roots	Julie Labrum	Studio A	Julie Labrum	Studio A	Bobbi Carter	Studio A	Cami McBride	Roots	Julie Labrum	Studio 1	Barre Team
8:30 - 9:30	Pure Strength	8:30 - 9:30	Zumba Dance	8:30 - 9:15	Full Body Pilates	8:30 - 9:30	Pure Strength	8:30 - 9:30	Pure Strength	9:30 - 10:30	Yoga Flow
Studio A	MaryLynn Thomas	Studio A	Brenna Carlsen	Roots	Aubrie West	Studio A	Julie Labrum	Studio A	Stacie Aho	Roots	Jen Mason
8:30 - 9:30	Raising the Barre	9:00 - 9:30	Runner's Edge30 Xpress	8:30 - 9:30	Raising the Barre	8:30 - 9:30	Runner's Edge	8:30 - 9:30	Raising the Barre	9:30 - 10:30	Zumba Dance
Studio 1	Abbey Bench	Treadmill	Aubrie West	Studio 1	Lindsay Kohler	Treadmill	Aubrie West	Studio 1	Brenna Carlsen	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	8:30 - 9:30	Metabolic Meltdown	10:45 - 11:45	Restorative Yoga
Pool	Laura Stika	Studio 1	Kristi Mecham	Pool	Courtne Cotterell	Studio 3	Courtne Cotterell	Studio 3	Marylynn Thomas	Roots	Jess/Tara
9:30 - 10:30	NITRO*	8:30 - 9:30	Yoga Flow 2	9:30 - 10:30	NITRO*	8:30 - 9:30	Yoga Flow 2	8:30 - 9:15	Bodybeat Cycle		
Summit	Rachel Mendenhall	Roots	Jen Mason	Summit	Andrea Reynolds	Roots	AnneMarie White	Studio C	Lisa Wilson		
9:30 - 10:30	High Fitness	9:00 - 10:00	Aqua Fitness	9:30 - 10:30	Full Body Pilates	9:00 - 10:00	Aqua Fitness	9:00 - 10:00	Aqua Fitness		
Studio 3	Amber Little	Pool	Stacie Aho	Roots	Mary Leonard	Pool	Kristi Mecham	Pool	Laura Kate Stika		
9:30 - 10:30	Power Flow	9:00 - 9:30	Kettlebell CORE	9:30 - 10:30	Raising the Barre	9:30 - 10:15	Zumba Dance	9:30 - 10:30	XTREME 2 *		
Roots	Julie Labrum	Studio 3	Bobbi Carter	Studio 1	Brenna Carlsen	Studio 3	Brenna Carlsen	Summit	Andrea Reynolds		
9:30 - 10:30	Metabolic Meltdown	9:30 - 10:30	Pure Strength 2*	9:30 - 10:30	Pure Strength	9:30 - 10:30	Barre Burn	9:30 - 10:30	Power Flow		
Studio A	Andrea Reynolds	Summit	Aubrie West	Studio A	Aubrie West	Studio 1	Aubrie West	Roots	Julie Labrum		
9:30 - 10:30	Raising the Barre	9:30 - 10:30	Raising the Barre	9:30 - 10:30	Dance Club Cardio	9:30 - 10:30	Pure Strength 2*	9:30 - 10:45	Dance Club Cardio		
Studio 1	Lindsay Kohler	Studio 1	Brenna Carlsen	Studio 3	Lisa Wilson	Summit	Andrea Reynolds	Studio 3	Lisa Wilson		
10:45 - 11:45	Yoga Flow	9:30 - 10:15	Bodybeat Cycle	10:45 - 11:45	Yoga Flow	9:30 - 10:30	Pickleball	9:30 - 10:30	Raising the Barre		
Roots	AnneMarie White	Studio C	Lisa Wilson	Roots	Michele White	Gym	Open Play	Studio 1	Cami Armstrong		
		9:30 - 10:30	Underground: KB			9:45 - 10:30	Barefoot Bootcamp	10:30 - 11:30	Barre Burn		
		Studio 3	Bobbi Carter			Roots	Julie Labrum	Studio 1	Kristi Mecham		
		9:30 - 10:30	Not your Mamas pilates					10:45 - 11:45	Yoga Flow		
		Roots	MaryLynn Thomas					Roots	Lori McDougal		
		9:30 - 10:30	Pickleball								
		Gym	Open Play								
		10:30 - 11:30	Barre Burn								
		Studio 1	Stacie Aho								

SUNDAY	
9:00-10:00	Yoga Flow
Roots	Jess
10:15-11:15	Yoga Flow
Roots	Jess

PM		PM		PM		PM	
4:15 - 5:15	Dave's Strength Class	6:00 - 7:00	Yoga Flow 2	7:00 - 8:30	Restorative Yoga	4:15 - 5:15	Dave's Strength Class
Studio A	David Nielson	Roots	Julie Labrum	Roots	Michele White	Studio A	David Nielson
6:00 - 7:00	Yoga Flow 2	7:00 - 8:00	High Fitness	7:15 - 8:15	Raising the Barre	6:00 - 7:00	Yoga Flow 2
Roots	Michelle Boyack	Studio A	Yvonne Fuellenbach	Studio 1	Anna Bench	Roots	Michelle Boyack
6:15 - 7:15	Dance Club Cardio	7:15 - 8:15	Hot Yin Yoga			7:00 - 8:00	High Fitness
Studio 3	Lisa Wilson	Roots	Michele White			Studio A	Yvonne Fuellenbach
6:15 - 7:15	NITRO*						
Summit	Andrea Reynolds						
7:15 - 8:15	Raising the Barre						
Studio 1	Kate Nicholes						



Treehouse Athletic Club
Group Fitness Schedule

July 2024

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

* Requires reservation to class through TreeFit app