

# MY TREEHOUSE STORY!

- Lisa & Kids  
(Treehouse Members since 2003)

With four very active boys it was important for our family to find something that we could all enjoy and benefit from. Treehouse is great at making exercise and activity fun for every single member of our family. Fitness is important to me - I want my boys to be healthy and happy and Treehouse gives us everything we need and then some!

## GREAT PROGRAMS FOR ME (& My Husband!)

Some of my favorite things at Treehouse are the fitness programs that are unique and make exercising fun and even a little competitive. I especially enjoyed the "16-week Boot Camp Series." It was challenging and very rewarding. When completed, I earned my "I Survived Boot Camp"

T-shirt. Incentives like that and the way the programs are laid out and conducted are enough to motivate me to work out and eat healthy. During the holiday season, I enjoyed "Project Zero." This program helped me keep the extra pounds off throughout the holidays. There are so many programs it's hard to name them all.

They are a big part of helping me be successful with my health and fitness.



## GREAT INSTRUCTORS

Treehouse has the best instructors. You can tell they love what they are doing. They are all very prepared with their workouts and they know fitness. Many of them have been at Treehouse for years and are certified in many different types of classes. It's nice to have that consistency. They are all so friendly - it's not unusual at all for them to call you by name during the class.

**OUR BEST FAMILY VALUE!**

- Great Fitness Classes
- Amazing Instructors
- Fun & Fitness for the Kids
- Things we can all do together!

"Truly an investment in making our family better!"

Treehouse makes fitness fun for everyone!

## My Favorite Things to do at Treehouse

### Group Fitness Classes

- "Boot Camp"
- "Chisel"
- "Spinning"
- "Armed & Dangerous"
- "Rock Bottom"
- "10 Round Kick Boxing"
- "Zumba"

## KIDS PROGRAMS

My kids love going to the Nest (*child care*) and the Kids' Club. My oldest son is training with Antwoine Sander's "High Voltage" program at Treehouse. It has been great for him. It's an incredible program for getting kids in shape and improving their sports performance! The Day Camps are also great, especially the "Kids' Night Out." We can leave the kids in a fun and safe place while we shop for the holidays or go out for a date night.

## FAMILY FUN

We enjoy Treehouse year round as a family through with swimming, basketball, racquetball and climbing on the rock wall.

It's nice to have so many things in one place. We can even grab a bite to eat or have a smoothie at the Juice Tree. You'll love Treehouse - WE DO!

To share a story email [jennifer@tafitness.com](mailto:jennifer@tafitness.com)

"What's not to love! I'm training with Antwoine's "High Voltage" Sports Performance training program. It's great and it's really helping me!"

"I like the fun stuff at Treehouse. We play games and the people that work there are so much fun!"

"Sometimes the Treehouse brings in characters like Batman and Winnie the Pooh just to visit with the kids in the Nest. I love to play in the big gym too!"

"Basketball  
-  
Swimming  
-  
Day Camps are always fun.  
-  
Pool Parties  
-  
I love it all!"

