

| MONDAY                    |                                               | TUESDAY                   |                                                | WEDNESDAY                 |                                           | THURSDAY                  |                                               | FRIDAY                                                                                                                                                                                                                                                                                                                         |                                                 | SATURDAY                 |                                     |
|---------------------------|-----------------------------------------------|---------------------------|------------------------------------------------|---------------------------|-------------------------------------------|---------------------------|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|--------------------------|-------------------------------------|
| AM                        |                                               | AM                        |                                                | AM                        |                                           | AM                        |                                               | AM                                                                                                                                                                                                                                                                                                                             |                                                 | AM                       |                                     |
| 5:30-6:30<br>Roots        | Barefoot Bootcamp<br>Cami Armstrong           | 5:30 - 6:30<br>Summit     | Xtreme 2*<br>Melissa Garcia                    | 5:00 - 5:30<br>Studio 3   | Kettlebell Core<br>Cami A / Cami M        | 5:45 - 6:45<br>Studio C   | Trifecta<br>Cami McBride                      | 5:30 - 6:30<br>Roots                                                                                                                                                                                                                                                                                                           | Yoga Flow<br>Lori Cramer                        | 7:30 - 8:30<br>Summit    | Core & Cardio*<br>Cami Armstrong    |
| 6:00 - 7:00<br>Studio A   | Metabolic Meltdown<br>Mindi Paskins           | 6:00 - 7:00<br>Roots      | Yoga Flow<br>Jess Reichardt                    | 5:30 - 6:30<br>Studio 3   | Underground: KB<br>Cami A / Cami M        | 6:00 - 7:00<br>Studio 1   | Raising the Barre<br>Cami Armstrong           | 5:45 - 6:45<br>Studio A                                                                                                                                                                                                                                                                                                        | Tabata Strength<br>Mindi Paskins                | 8:15 - 9:15<br>Roots     | Yoga Flow<br>Jen Mason              |
| 7:15 - 8:15<br>Studio C   | Trifecta<br>Cami McBride                      | 6:00 - 7:00<br>Studio 1   | Raising the Barre<br>Cami Armstrong            | 6:15 - 7:15<br>Summit     | Ignite*<br>Rachel Mendenhall              | 7:00 - 7:30<br>Studio A   | Myofascial Release<br>Cami McBride            | 6:15 - 7:15<br>Summit                                                                                                                                                                                                                                                                                                          | Nitro*<br>Cami Armstrong                        | 8:30 - 9:30<br>Studio A  | High Fitness<br>High Fit Team       |
| 8:30 - 9:30<br>Treadmills | Runner's Edge<br>Aubrie Ciervo                | 6:30 - 7:00<br>Summit     | Core & Cardio* 30Xpress<br>Mindi Paskins       | 7:30 - 8:30<br>Roots      | Full Body Pilates<br>Felicia Kent         | 7:15 - 8:15<br>Roots      | Gentle Flow<br>Lori Cramer                    | 6:45 - 7:45<br>Studio A                                                                                                                                                                                                                                                                                                        | Metabolic Meltdown<br>Cami McBride              | 8:30 - 9:30<br>Studio 3  | Xtreme!<br>Ha Bui                   |
| 8:30 - 9:15<br>Roots      | Barefoot Bootcamp<br>Felicia Kent             | 7:00 - 7:30<br>Studio A   | Myofascial Release<br>Courtne Cotterell        | 8:30 - 9:30<br>Studio 3   | 50/50 Strong<br>MaryLynn Thomas           | 7:30 - 8:30<br>Studio A   | Metabolic Meltdown<br>Cami McBride            | 8:15-9:15<br>Roots                                                                                                                                                                                                                                                                                                             | <b>Full Body Pilates NEW</b><br>Felicia Kent    | 9:30 - 10:30<br>Studio A | Savage Strength<br>Melissa Garcia   |
| 8:30 - 9:30<br>Studio A   | Pure Strength<br>MaryLynn Thomas              | 7:30 - 8:30<br>Studio A   | Pure Strength<br>Courtne Cotterell             | 8:30 - 9:30<br>Studio A   | Pure Strength<br>Courtne Cotterell        | 8:00 - 8:45<br>Summit     | Gentle Strength<br>Kristi Mecham              | 8:30 - 9:30<br>Studio A                                                                                                                                                                                                                                                                                                        | Pure Strength<br>Stacie Aho                     | 9:30 - 10:30<br>Studio 1 | Raising the Barre<br>Barre Team     |
| 8:30-9:30<br>Studio 3     | <b>Surge Strength NEW</b><br>Michelle Oakeson | 8:00 - 8:45<br>Summit     | Gentle Strength<br>Laura Stika                 | 8:30 - 9:15<br>Roots      | Full Body Pilates<br>Aubrie Ciervo        | 8:30 - 9:30<br>Studio 1   | Raising the Barre<br>Lindsay Kohler           | 8:30 - 9:30<br>Studio C                                                                                                                                                                                                                                                                                                        | Bodybeat Cycle<br>Lisa Wilson                   | 9:30 - 10:30<br>Roots    | Yoga Flow<br>Jen Mason              |
| 8:30 - 9:30<br>Studio 1   | Barre Burn<br>Kris Mecham-Schuenman           | 8:30 - 9:30<br>Studio A   | Dance Fusion<br>Brenna Carlsen                 | 8:30 - 9:30<br>Studio 1   | <b>Barre Burn NEW</b><br>Michelle Oakeson | 8:30 - 9:30<br>Treadmills | Runner's Edge<br>Aubrie Ciervo                | 8:30-9:30<br>Studio 1                                                                                                                                                                                                                                                                                                          | Barefoot Bootcamp<br>Kassidy Christensen        | 9:30 - 10:30<br>Studio 3 | Dance Fusion<br>Brenna Carlsen      |
| 9:00 - 10:00<br>Pool      | Aqua Fitness<br>Laura Stika                   | 8:30 - 9:30<br>Studio 1   | Barre Burn<br>Kristi Mecham                    | 9:00 - 10:00<br>Pool      | Aqua Fitness<br>Kassidy Christensen       | 8:30 - 9:30<br>Studio 3   | High Fitness<br>Courtne Cotterell             | 9:00 - 10:00<br>Pool                                                                                                                                                                                                                                                                                                           | Aqua Fitness<br>Laura Stika                     | 11:00 - 12:15<br>Roots   | Restorative Yoga<br>Tanisha Hansen  |
| 9:30 - 10:30<br>Summit    | NITRO*<br>Rachel Mendenhall                   | 8:30 - 9:30<br>Roots      | Yoga Flow 2<br>Jen Mason                       | 9:30 - 10:30<br>Summit    | Ignite*<br>Andrea Reynolds                | 8:30 - 9:30<br>Roots      | Yoga Flow 2<br>AnneMarie White                | 9:30 - 10:30<br>Roots                                                                                                                                                                                                                                                                                                          | <b>Heated Power Flow NEW</b><br>Michelle Boyack |                          |                                     |
| 9:30 - 10:30<br>Studio 3  | High Fitness<br>Yvonne Fuellenback            | 9:00 - 9:30<br>Treadmills | Runner's Edge 30Xpress<br>Aubrie Ciervo        | 9:30 - 10:30<br>Roots     | Full Body Pilates<br>Mary Leonard         | 9:00 - 10:00<br>Pool      | Aqua Fitness<br>Kristi Mecham                 | 9:30 - 10:30<br>Studio A                                                                                                                                                                                                                                                                                                       | Metcon<br>Aubrie Ciervo                         |                          |                                     |
| 9:30 - 10:30<br>Roots     | <b>Heated Power Flow NEW</b><br>Anna Johnson  | 9:00 - 10:00<br>Pool      | Aqua Fitness<br>Laura Stika                    | 9:30 - 10:30<br>Studio 1  | Raising the Barre<br>Abbey Bench          | 9:30 - 10:30<br>Studio 3  | Dance Fusion<br>Kassidy Christensen           | 9:30 - 10:45<br>Studio 3                                                                                                                                                                                                                                                                                                       | Dance Club Cardio<br>Lisa Wilson                |                          |                                     |
| 9:30 - 10:30<br>Studio A  | Metabolic Meltdown<br>Andrea Reynolds         | 9:00 - 9:30<br>Studio 3   | Kettlebell Core<br>Lindsay Kohler              | 9:30 - 10:30<br>Studio A  | Pure Strength<br>Aubrie Ciervo            | 9:30 - 10:30<br>Studio 1  | Barre Burn<br>Aubrie Ciervo                   | 9:30 - 10:30<br>Studio 1                                                                                                                                                                                                                                                                                                       | Raising the Barre<br>Brenna Carlsen             |                          | 9:00 - 10:00<br>Roots               |
| 9:30 - 10:30<br>Studio 1  | Raising the Barre<br>Lindsay Kohler           | 9:30 - 10:30<br>Studio 3  | Underground: KB<br>Lindsay Kohler              | 9:30 - 10:30<br>Studio 3  | Dance Club Cardio<br>Lisa Wilson          | 9:30 - 10:30<br>Summit    | Pure Strength 2*<br>Andrea Reynolds           | 10:30 - 11:30<br>Studio 1                                                                                                                                                                                                                                                                                                      | Barre Burn<br>Kristi Mecham                     | 10:15 - 11:15<br>Roots   | Yoga Flow<br>Jess/Tanisha           |
| 10:30 - 11:00<br>Roots    | <b>Myofascial Release NEW</b><br>Anna Johnson | 9:30 - 10:30<br>Studio A  | Pure Strength<br>Rachel Mendenhall             | 10:45 - 11:45<br>Roots    | Yoga Flow<br>Michele White                | 9:30 - 10:30<br>Gym       | Instructed Pickleball<br>Lance Lagerquist     | 10:45 - 11:45<br>Roots                                                                                                                                                                                                                                                                                                         | Yoga Flow<br>Tanisha Hansen                     | 11:30 - 12:45<br>Roots   | Restore & Release<br>Tanisha Hansen |
| 11:00-12:00<br>Roots      | <b>Yoga Flow NEW TIME</b><br>AnneMarie White  | 9:30 - 10:30<br>Summit    | Pure Strength 2*<br>Aubrie Ciervo              | 10:30 - 11:00<br>Studio A | Myofascial Release<br>Aubrie Ciervo       | 9:30-10:30<br>Studio A    | <b>Pure Strength NEW</b><br>Rachel Mendenhall | <div></div> <div>Treehouse Athletic Club<br/>Group Fitness Schedule</div> <div>Fall 2026</div> <div>CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES<br/>*Requires reservation to class through Member Account/TreeFit app</div> |                                                 |                          |                                     |
|                           |                                               | 9:30 - 10:30<br>Studio 1  | Raising the Barre<br>Brenna Carlsen            |                           |                                           | 9:45 - 10:30<br>Roots     | Barefoot Bootcamp<br>Abbey Bench              |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
|                           |                                               | 9:30 - 10:15<br>Studio C  | Bodybeat Cycle<br>Lisa Wilson                  |                           |                                           | 10:45 - 11:45<br>Roots    | Pilates Fundamentals<br>AnneMarie White       |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
|                           |                                               | 9:30 - 10:30<br>Roots     | Not Your Momas Pilates<br>MaryLynn Thomas      |                           |                                           |                           |                                               |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
|                           |                                               | 9:30 - 10:30<br>Gym       | Instructed Pickleball<br>Lance Lagerquist      |                           |                                           |                           |                                               |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
|                           |                                               | 10:30 - 11:00<br>Roots    | Restore Deep Release<br>MaryLynn Thomas        |                           |                                           |                           |                                               |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
|                           |                                               |                           |                                                |                           |                                           |                           |                                               |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
| PM                        |                                               | PM                        |                                                | PM                        |                                           | PM                        |                                               |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
| 4:15 - 5:15<br>Studio A   | Dave's Strength Class<br>David Nielson        | 6:30 - 7:30<br>Roots      | <b>Barefoot Bootcamp NEW</b><br>Tanisha Hansen | 7:00 - 8:30<br>Roots      | Resonance Renewal Yoga<br>Michele White   | 4:15 - 5:15<br>Studio A   | Dave's Strength Class<br>David Nielson        |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
| 6:15 - 7:15<br>Studio 3   | Dance Club Cardio<br>Lisa Wilson              | 7:00 - 8:00<br>Studio A   | High Fitness<br>Yvonne Fuellenbach             | 7:00 - 8:00<br>Studio 1   | Raising the Barre<br>Anna Nelson          | 6:00 - 7:00<br>Roots      | Heated Power Flow<br>Michelle Boyack          |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
| 6:15 - 7:15<br>Summit     | NITRO*<br>Andrea Reynolds                     |                           |                                                | 7:00 - 8:00<br>Studio A   | <b>Pure Strength NEW</b><br>Laura Stika   | 7:00 - 8:00<br>Studio A   | High Fitness<br>Lisa Gleed                    |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
| 7:00 - 8:00<br>Studio 1   | Raising the Barre<br>Kassidy Anderson         |                           |                                                |                           |                                           |                           |                                               |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |
| 7:15 - 8:30<br>Roots      | Yoga Stretch<br>Michele White                 |                           |                                                |                           |                                           |                           |                                               |                                                                                                                                                                                                                                                                                                                                |                                                 |                          |                                     |