

TREADX STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15-6:00 am Opti-Tread Kristi B.		5:15-6:00 am Opti-Tread Kristi B.			
6:00-6:45 am Opti-Tread Emily M.	6:00-7:00 am Opti-Tread Kristi B.	6:00-7:00 am Opti-Tread Stephanie S.	6:00-7:00 am Opti-Tread Kristi B.	6:00-6:45 am Opti-Race Day Emily M.		
		8:30-9:30 am Walk 30/30 Joshua R.	8:30-9:30 am Opti-Tread Val J.		8:00-9:00 am Opti-Race Day Stephanie S.	
		9:30-10:30 am Opti-Tread Kristi B.		9:30-10:15 am Opti-Race Day Heidi C.	9:00-9:30 am Opti-Race Day (30) Stephanie S.	
10:00-11:00 am Opti-Tread MaKenzie G.				10:30-11:30 am Walk 30/30 Joshua R.		

All classes and class descriptions can be accessed and booked on the Opti-Life App. Class schedule can change without notice, so please use the app for most up-to-date class information.

CLASS DESCRIPTION

Opti-Shred: Core

This class starts with treadmill work for 30 minutes and then finishes with focused core work and stretching. A strong core is the key to good running technique and this class will help improve both. *Formerly known as Cardio Core & More.*

Opti-Race Day

Ready to take your run to the next level? Challenge yourself to push a little more than an everyday jog. All levels welcome as you strive for a faster pace and better cardiovascular fitness. *Formerly known as Race Day & Beyond Tempo.*

Opti-Tread + Shred

Using the treadmill and strength equipment (kettlebells, bands, and body weight) we work both cardiovascular and muscular fitness. Get a full body workout that will transform your body and training.

Walk 30/30

Enjoy a fun, low-impact, joint-friendly workout using the treadmill and strength equipment to improve and maintain cardiovascular health, mobility, stability, and flexibility. The use of heart rate monitoring equipment is encouraged.