



TREAD & SHRED

6 weeks ● Tuesdays & Thursdays 11am ● September 26 – November 2
Members \$145 Non-members \$165

Rev up your weight loss with a thrilling treadmill class! Our certified running instructors, Tracee and Rosina, will teach you proper running technique to help you meet your weight loss goals. This program is focused on shedding pounds! Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching keeps you connected to your exertion level & heart rate, and helps you to maximize calorie burning and strength with every stride.

Contact: Susanna Pier, 348-4521, susannap@jccabq.org

Tuesdays 11-12:15 nutrition and run
Thursdays 11-11:45 run only

- Body Age Testing
- Before & After Measurements
- Precision Nutrition certified coach
- Learn proper running technique
- Inspiring group training atmosphere
- All levels of runners welcome
- Fun intervals, tempo, speed

*Limited to 6 participants