

THE STRIDE EXPERIENCE



Certified Run Coaches

STRIDE Certified Run Coaches are more than trainers & fitness professionals, they are motivators, supporters, and industry leaders. Through the STRIDE Certified Run Program, all coaches learn how to dynamically lead our class formats, practice safety and form correction, and empower clients of all ages and levels to cross their individual finish lines.



STRIDE Stats

As part of our comprehensive program, STRIDE studios offer heart rate monitors available for purchase to assist in collecting and tracking data while you run. This proprietary interactive technology delivers your metrics via our in-studio leaderboards and mobile app, allowing you to track your progress and celebrate your success.



Woodway Treadmills

Our Woodway 4-Front treadmills are designed to mimic the feel of running outdoors and to provide our runners with a dynamic, low-impact workout. These state-of-the-art machines have been scientifically proven to reduce harmful shock to joints, muscles and connective tissue - try it for yourself and feel the difference!

