



# • TOUR DE PRINCETON FW •

Celebrate the famed Tour de France at Princeton Fitness and Wellness this July with this epic cycling competition! Put your pedals to the medal in our participating Tour de Princeton cycle classes and complete challenges in and out of the studio to earn points. The top three cyclists with the most points by Sunday, July 23 wins a prize!

## **How to Earn Points**

**Points can be earned by completing any of the following tasks:**

- Attend a participating cycle class - *3 Points*
- Complete a class challenge - *1 to 3 Points*
- Post a sweaty class selfie - *2 Points*
- Check-in Online - *1 Point*
- Written or video testimonial - *2 Points*
- Bring a friend to cycle class - *3 Points*

## **Saturday, July 1 to Sunday, July 23**

Grab your points tracker in any of our participating cycling classes to join the competition and experience the heart and heat of the world's most prestigious and most difficult bicycle race.

***Remember to tag Princeton Fitness & Wellness in your #TourdePFW2023 selfies and fun moments!***



# TOUR DE PRINCETON FW

## PARTICIPATING CLASS SCHEDULE

STAGE	DATE	TERRAIN	INSTRUCTOR	TIME
1	Saturday, July 1	Hilly	James	9:00am-10:00am
2	Sunday, July 2	Hilly	Christy	9:00am-10:00am
3	Monday, July 3	Flat	Sharon	6:00pm-7:00pm
4	Tuesday, July 4	Flat	Kerri	9:30am-10:30am
5	Wednesday, July 5	Mountain	Sharon	12:30pm-1:30pm
6	Thursday, July 6	Mountain	Kerri	6:00pm-7:00pm
7	Friday, July 7	Hilly	Christy	9:30am-10:30am
8	Sunday, July 9	Mountain	Lauren	9:00am-10:00am
9	Monday, July 10	Hilly	Sharon	6:00pm-7:00pm
10	Tuesday, July 11	Hilly	Kerri	9:30am-10:30am
11	Wednesday, July 12	Flat	Sharon	12:30pm-1:30pm
12	Thursday, July 13	Hilly	Kerri	6:00pm-7:00pm
13	Friday, July 14	Hilly	Kerri	9:30am-10:30am
14	Sunday, July 16	Mountain	Lauren	9:00am-10:00am
15	Monday, July 17	Mountain	Sharon	6:00pm-7:00pm
16	Tuesday, July 18	Individual Time-Trial	Kerri	9:30am-10:30am
17	Wednesday, July 19	Mountain	Sharon	12:30pm-1:30pm
18	Thursday, July 20	Hilly	Kerri	6:00pm-7:00pm
19	Friday, July 21	Hilly	Kerri	9:30am-10:30am
20	Sunday, July 23	Flat	Blair	9:00am-10:00am

**Remember to tag Princeton Fitness & Wellness in your #TourdePFW2023 selfies and fun moments!**