



• TOUR DE PRINCETON FW •

Celebrate the famed Tour de France at Princeton Fitness & Wellness from June 29 through July 21 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 21 win 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
- Tag us on social - 2 Points
- Written or video testimonial - 2 Points
- Bring a friend to participating cycle class - 3 Points

Saturday, June 29 to Sunday, July 21

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 #TourdePFW2024 selfies and fun moments!



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PARTICIPATING CLASS SCHEDULE

STAGE	DATE	TERRAIN	INSTRUCTOR	TIME
1	Saturday, June 29	Hilly	Kerri & Sharon	10:15am-11:10am
2	Sunday, June 30	Hilly	Lauren	9:00am-9:55am
3	Monday, July 1	Flat	Sharon	6:00pm-6:55pm
4	Tuesday, July 2	Mountain	Christy	6:00pm-6:55pm
5	Wednesday, July 3	Flat	Sharon	12:30pm-1:25pm
6	Thursday, July 4	Tour	Christy & Kerri	9:30am-10:25am
7	Friday, July 5	Individual Time-Trial	Kerri	9:30am-10:25am
REST DAY				
8	Sunday, July 7	Hilly	Lauren	9:00am-9:55am
9	Monday, July 8	Flat	Sharon	6:00pm-6:55pm
10	Tuesday, July 9	Flat	Christy	6:00pm-6:55pm
11	Wednesday, July 10	Mountain	Sharon	12:30pm-1:25pm
12	Thursday, July 11	Flat	Kerri	6:00pm-6:55pm
13	Friday, July 12	Flat	Kerri	9:30am-10:25am
REST DAY				
14	Sunday, July 14	Mountain	Lauren	9:00am-9:55am
15	Monday, July 15	Mountain	Sharon	6:00pm-6:55pm
16	Tuesday, July 16	Flat	Christy	6:00pm-6:55pm
17	Wednesday, July 17	Mountain	Sharon	12:30pm-1:25pm
18	Thursday, July 18	Hilly	Kerri	6:00pm-6:55pm
19	Friday, July 19	Mountain	Kerri	9:30am-10:25am
20	Saturday, July 20	Mountain	Kerri	10:15am-11:10am
21	Sunday, July 21	Individual Time-Trial	Lauren	9:00am-9:55am

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