

FREE!!! FREE!!! FREE!!! FREE!!! FREE!!! FREE!!! FREE!!! FREE!!! FREE!!!



# CARDIO de FRANCE

**Bike, Walk, Run, Row, EFX or Crosstrain your way through 21 Stages of the Tour de France.**

- Register at the Front Desk
- Choose your level: Elite, Advanced, Intermediate or Beginner.
- Workout & Track your miles.
- Any activity that can be tracked by miles or steps; including **CYCLING CLASSES!!!**
- Your miles will be totaled weekly and your progress posted on the Race Map.
- Earn a prize for completing the tour.

**January 23<sup>rd</sup> - March 19<sup>th</sup>**

**LEVELS:**



**ELITE- 2,193 Miles**

**ADVANCED- 400 Miles**

**INTERMEDIATE- 210 Miles**

**BEGINNER- 120 Miles**