



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
- **Workout & Track your miles**
- All types of Cardio count: including **CYCLING CLASSES.**
- Miles will be totaled and your progress posted on the program map.
- Earn a prize for completing the tour.

LEVELS:

ELITE- 2130 Miles

ADVANCED- 355 Miles

INTERMEDIATE- 237 Miles

BEGINNER- 133 Miles

QUESTIONS:

Wayne Herrick

701-237-4805

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COST: FREE!!!

DATES: January 9th - March 4th