

Tour de Long Beach

The Tour is Back!

Sign-up to take a virtual ride through Long Beach
Feb 8th - Feb 22nd



Upright Biking

Recumbent Biking



Participants are required to complete 100 miles of biking from these categories in order to complete the tour. Progress can be tracked at the fitness center.



Spin Classes

Cycling



For sign-ups and more information stop by the fitness center or call:

(562) 427-3462

boeinglongbeachfitnesscenter.com

**BOEING
LONG BEACH FITNESS**

