



F3 INDIAN VALLEY MEN'S WORKOUT GROUP

FITNESS • FELLOWSHIP • FAITH

Our mission is to plant, grow and serve small workout groups for the invigoration of male community leadership.



ALL F3 WORKOUTS:

- Are free of charge
- Are open to all men
- Are held outdoors, rain or shine, hot or cold
- Are led by men who participate in a rotating fashion, with no training or certification necessary
- End with a Circle of Trust

There are no physical fitness requirements for F3. Come as you are, all shapes and sizes. You'll grow stronger and faster as you continue. Dress for the weather and bring work gloves.

F3 INDIAN VALLEY WORKOUT SCHEDULE

MON 5:30AM-6:15AM	<u>THE CHIEFTAIN</u> 45 _{MIN} <i>Boot Camp Style Group Workout</i> Franconia Community Park Allentown Rd, Telford
TUE 5:30AM-6:15AM	<u>THE ARROWHEAD</u> 45 _{MIN} <i>Group Run **ALL paces welcome**</i> Harleysville Community Center Parking Lot, Park Ave
WED 5:30AM-6:15AM	<u>THE CHIEFTAIN</u> 45 _{MIN} <i>Boot Camp Style Group Workout</i> Franconia Community Park Allentown Rd, Telford
THU 5:30AM-6:15AM	<u>CRAZY HORSE</u> 45 _{MIN} <i>Boot Camp Style Group Workout</i> Spring Valley Park Upper State Rd, Montgomeryville
FRI 5:30AM-6:15AM	<u>THE ARROWHEAD</u> 45 _{MIN} <i>Group Run **ALL paces welcome**</i> Harleysville Community Center Parking Lot, Park Ave
SAT 6:30AM-7:30AM	<u>THE WARRIOR</u> 1 HR <i>Boot Camp Style Group Workout</i> Alderfer Recreation Area Oak Dr, Harleysville



**CHANGE BEGINS AT THE END
OF YOUR COMFORT ZONE**

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More info: F3IndianValley.com

