



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	BOOT CAMP THE CHIEFTAIN 45 MIN Boot Camp Style Group Workout Franconia Community Park Allentown Rd, Telford
TUE 5:30AM-6:15AM	THE ARROWHEAD 45 MIN Group Run/Ruck **ALL paces welcome** RUN/RUCK Harleysville Community Center Parking Lot, Park Ave
WED 5:30AM-6:15AM	BOOT CAMP THE CHIEFTAIN 45 MIN Boot Camp Style Group Workout Franconia Community Park Allentown Rd, Telford
WED 5:30AM-6:15AM	BOOT CAMP THE TOMAHAWK 45 MIN Boot Camp Style Group Workout Wentz Run Park Anvil Ln, Blue Bell
THU 5:30AM-6:15AM	BOOT CAMP CRAZY HORSE 45 MIN Boot Camp Style Group Workout Spring Valley Park Upper State Rd, Montgomeryville
FRI 5:30AM-6:15AM	THE ARROWHEAD 45 MIN Group Run/Ruck **ALL paces welcome** RUN/RUCK Harleysville Community Center Parking Lot, Park Ave
SAT 6:30AM-7:30AM	BOOT CAMP THE WARRIOR 1 HR Boot Camp Style Group Workout Alderfer Recreation Area Oak Dr, Harleysville



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

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More info: F3IndianValley.com

