



MEN OF GRAND RAPIDS

Join us for a **FREE MEN'S WORKOUT**

Saturdays at 6:45am

Meet at park across from Riverlures Kayak
Adventures

(Look for the American Flag)

**The mission of F3 is to plant, grow and serve small
men's workout groups for the invigoration of male
community leadership**

Our Five Core Principles

- All workouts are free of charge
- All workouts are open to all men
- All workouts are held outdoors - rain or shine, heat or cold
- All workouts are led in a rotating fashion by men who participate in the group, with no training or certification necessary
- All workouts end with a Circle of Trust

Websites: f3nation.com and f3blackswamp.com

Twitter: [@f3nation](https://twitter.com/f3nation) and [@f3blackswamp](https://twitter.com/f3blackswamp)