

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



**GET
BETTER,
STRONGER,
FASTER!**

MEN OF MAUMEE & MONCLOVA

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

Monday 5:30am - Shops at Fallen Timbers Lot F3

Wednesday 5:30am - Rolf Park

Thursday 5:30am - Maumee High School

Thursday 6:30pm - Maumee Library

Saturday 6:30am - Cinemas at Shops at Fallen Timbers

(Look for the American Flag)

**The mission of F3 is to plant, grow and serve small
workout groups for men 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)