



## **MEN OF PERRYSBURG**

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

Monday 5:30am - Rivercrest Park

Tuesday 5:30am - Fort Meigs Historic Site or Commodore Perry  
Admin Building

Tuesday 6:00pm - Levis Common Clock Town

Thursday 5:30am - Riverside Park

Saturday 6:30am - Grace Church

(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](http://f3nation.com) and [f3blackswamp.com](http://f3blackswamp.com)

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