



NATION

FITNESS • FELLOWSHIP • FAITH



**MEN,
THIS IS
NOT YOUR
AVERAGE
WORKOUT
GROUP**



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F3 Workouts...

- Are FREE of charge
- Are open to ALL men
- Are held OUTDOORS, rain or shine, heat or cold
- Are led by men who participate in the workout in rotating fashion, with no training or certification necessary
- End with a circle of trust

THE MISSION OF F3 IS TO PLANT, GROW AND SERVE SMALL WORKOUT GROUPS FOR MEN FOR THE INVIGORATION OF MALE COMMUNITY LEADERSHIP.

There is no physical fitness requirement for F3. **You do not have to get in shape before you come!** You'll grow stronger and faster as you continue. It's never easy, but it's always worth it.

www.f3hamptonroads.com/locations/

HAMPTON ROADS SCHEDULE AND LOCATIONS:

Day / Time / Location – Look for the shovel flag

Mon / 5:30–6:15am / Creekside Elementary (Suffolk)

Mon / 5:30-6:15am / Bayville Farms Park (Virginia Beach)

Mon / 5:30-6:15am / Christopher Newport University (Newport News)

Tue / 5:30–6:15am / Eagle Harbor Clubhouse (Carrollton)

Tue / 5:30–6:15am / Mt. Trashmore (Virginia Beach)

Tue / 5:30-6:15am / Lake Meade Park (Suffolk)

Wed / 5:30–6:15am / Western Branch Middle (Chesapeake)

Wed / 5:30-6:15am / Warwick Blvd YMCA (Newport News)

Wed / 5:30-6:15am / 1200 E Water St, Norfolk (near Harbour Park)

Thu / 5:30–6:15am / Eagle Harbor Clubhouse (Carrollton)

Thu / 5:30-6:15am / Mt. Trashmore (Virginia Beach)

Fri / 5:30-6:15am / Warwick Blvd YMCA (Newport News)

Fri / 5:30-6:15am / Western Branch High School (Chesapeake)

Sat / 7:00–8:00am / City Center at Oyster Point (Newport News)

Sat / 7:00–8:00am / Mt. Trashmore (Virginia Beach)

Sat / 7:00-8:00am / Tabernacle Church of Norfolk (Norfolk)

Sat / 8:00-9:00am / High St United Methodist Church (Courtland)

Sat / 7:00-8:00am / Bennett's Creek Park (Suffolk)

Sun / 7:00-7:45am / Mt. Trashmore (Virginia Beach)

f3hamptonroads757@gmail.com

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