

**STARTING ON
APRIL 9TH
AN EVENING WORKOUT
FOR ALL MEN (FREE !)**



MILLER PARK

**TUESDAYS @ 7:30PM
(QUEEN ST. PARKING LOT)**



**THINK
CROSSFIT,
ONLY FRIENDLIER
AND FREE!**

**A FREE, PEER-LED,
WORKOUT GROUP FOR MEN.**

MISSION STATEMENT:

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



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