







FREE, PEER-LED WORKOUTS FOR MEN

MON	TUE	WED	THU	FRI	SAT
 6:00 - 6:45 PM GOAT RODEO EVENING Walsh Park, 1722 N Ashland Ave		 5:30 - 6:15 AM GOAT RODEO Walsh Park, 1722 N Ashland Ave	 5:30 - 6:15 AM DIP CITY Lake Shore Park, 270 E Chicago Ave.		 7:00 - 8:00 AM ZOO CREW Lincoln Park, 2001 N Clark St



Bootcamp



Coupon



Ruck



Run



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