







# FREE, PEER-LED WORKOUTS FOR MEN

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



Bootcamp



Coupon



Ruck



Run



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