



FREE BOOTCAMP-STYLE PEER-LED WORKOUTS FOR MEN

MONDAYS - 5:30 AM

Columbus Park
5701 W. Jackson Blvd.

TUESDAYS - 5:30 AM

Humboldt Park Boat House
1301 North Humboldt Dr.

WEDNESDAYS - 5:30 AM

Walsh Park
1722 N. Ashland Ave.

THURSDAYS - 5:30 AM

Lake Shore Park
270 E. Chicago Ave.

SATURDAYS - 7:00 AM

Lincoln Park Zoo Admin Bldg
2001 N. Clark St.

Part of the F3 Nation, F3 Chicago holds workouts outdoors year-round. All fitness levels welcomed.

CONNECT WITH US

www.f3chicago.com



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