



BOOTCAMP-STYLE WORKOUTS IN THE LEHIGH VALLEY

• ALWAYS FREE • ALWAYS OUTDOORS • OPEN TO ALL MEN

We meet in the parking lot of the following locations:

BETHLEHEM (STEEL TOWN)

Hanover Township Community Center
3660 Jacksonville Road, Bethlehem PA
Monday morning 6:30 – 7:30am
Wednesday morning 5:30 – 6:15am
Friday morning 5:30 – 6:15am
Saturday Morning 6:30 – 7:30am

CATASAUQUA (THE RANCH)

Catasauqua Community Park
501 American Street, Catasauqua
Every Saturday Morning 6:30 – 7:30am

EMMAUS (BEE HIVE)

Emmaus Community Park
1330 Chestnut St, Emmaus
Every Saturday Morning 6:30am – 7:30am

FLEETWOOD (IRON MAIDEN/THE POND)

Maiden Creek Community Park: 742 E Wesner Rd,
Fleetwood. Pond: 500 W Vine St, Fleetwood
Iron Maiden: Monday morning. The Pond:
Wednesday, Friday Morning. All 5:30am – 6:15am

HAMBURG (THE GRILL)

Park Road, Hamburg, PA
Every Saturday Morning 7:00am – 8:00am

LOWER MACUNGIE (WILLOW RUCK & RUN)

Willow Lane School
6135 Sauerkraut Ln, Macungie
Every Wednesday morning 5:30am – 6:15am

MACUNGIE (THE SWAMP)

Macungie Memorial Park
50 Poplar St, Macungie
Every Tuesday morning 5:30am – 6:15am

UPPER MACUNGIE (THE TROJAN)

Lone Lane Park
30 Lone Ln, Allentown, PA
Every Thursday morning 5:30am – 6:15

F3LehighValley.com • F3LehighValley@gmail.com

F3 is a national network of free, peer-led workouts for men. We plant, grow and serve these groups to invigorate male community leadership.

Our Core principles:

Free of Charge - No one will ever ask you to pay anything

Open to all men - Men of all creeds & backgrounds are welcome

Held outdoors, rain/shine, heat/cold - Except Lightning/hazardous conditions

Peer-Led Workouts - Led by participants in rotating fashion

Ends with Circle of Trust - Men leaning on men for support