

F3 is a national network including 2,236 free, peer-led workouts for men. Our mission is to plant, grow and serve small workout groups for men for the invigoration of male community leadership.



F3 (Fitness | Fellowship | Faith) IS CURRENTLY MEETING ON FRIDAY MORNINGS IN YOUR NEIGHBORHOOD AT BERNEY PARK AT 530AM-615AM. All you need to do is show up!

F3 Five Core Principles



Free of Charge

Never a charge to workout, ever.



Open to all Men

No matter the man, you are welcome here.



Held Outdoors

Rain or Shine, Heat or Chill, we are out there.



Peer Led

Rotating fashion of men leading each other.



Ends with COT

Always ends with a Circle of Trust

If you have any additional questions, feel free to reach out to Kevin Lynch @ 205-568-0282 or by email at kdlynch63@hotmail.com (local F3 leader)

National website - F3 Nation – <https://www.f3nation.com>