

# TIRED OF WORKING OUT ALONE?

COME RUN, SWEAT, TRAIN, AND  
GET BETTER WITH US!



- Always free and open to all men
- No physical requirements for F3, all fitness levels are welcome
- Be sure to stick around after the workout for the fellowship

**It's never easy, but it's always worth it.**

**FREE PEER-LED BOOTCAMP-STYLE  
WORKOUTS AND FELLOWSHIP FOR MEN**

F3Anaheim.com



# Free Workouts and Fellowship For Men

It's never easy, but it's  
always worth it.



## **Mondays, 5:30am to 6:15am**

Workout Type: Bootcamp

AO: The Sandlot - Brea Sports Park

[3333 E Birch St, Brea, CA 92821](https://www.google.com/maps/place/3333+E+Birch+St,+Brea,+CA+92821)

## **Mondays, 5:30am to 6:15am**

Workout Type: Bootcamp

AO: Mirkwood Forest - Mile Square Park

[16400 Brookhurst St, Fountain Valley, CA 92708](https://www.google.com/maps/place/16400+Brookhurst+St,+Fountain+Valley,+CA+92708)

## **Tuesdays, 5:30am to 6:15am - CLOSED UNTIL FURTHER NOTICE!!!**

Workout Type: Bootcamp

AO: Iron Horse - Yorba Regional Park

[7400 E La Palma Ave, Anaheim, CA 92807](https://www.google.com/maps/place/7400+E+La+Palma+Ave,+Anaheim,+CA+92807)

## **Wednesdays, 5:30am to 6:15am**

Workout Type: Bootcamp

AO: Rohan - Tri-City Park/Tuffree Hill Park

[2101 Tuffree Blvd, Placentia, CA 92870](https://www.google.com/maps/place/2101+Tuffree+Blvd,+Placentia,+CA+92870)

## **Wednesdays, 5:30am to 6:15am**

Workout Type: Bootcamp

AO: Greenwood - Mile Square Park

[16400 Brookhurst St, Fountain Valley, CA 92708](https://www.google.com/maps/place/16400+Brookhurst+St,+Fountain+Valley,+CA+92708)

## **Thursdays, 5:30am to 6:30am**

Workout Type: 5K Ruck/Walk

AO: Active Book Club - Craig Regional Park

[3300 State College Blvd, Fullerton, CA 92835](https://www.google.com/maps/place/3300+State+College+Blvd,+Fullerton,+CA+92835)

## **Fridays, 5:30am to 6:15am, pre-ruck starts at 5am**

Workout Type: Bootcamp

AO: Mount Doom - Hillcrest Park/Lions Field

[1440 N Brea Blvd, Fullerton, CA 92835](https://www.google.com/maps/place/1440+N+Brea+Blvd,+Fullerton,+CA+92835)

## **Saturdays, 7:00am to 8:00am, pre-ruck starts at 6am**

Workout Type: Bootcamp

AO: Lakeside (Esgaroth) - Tri-City Park

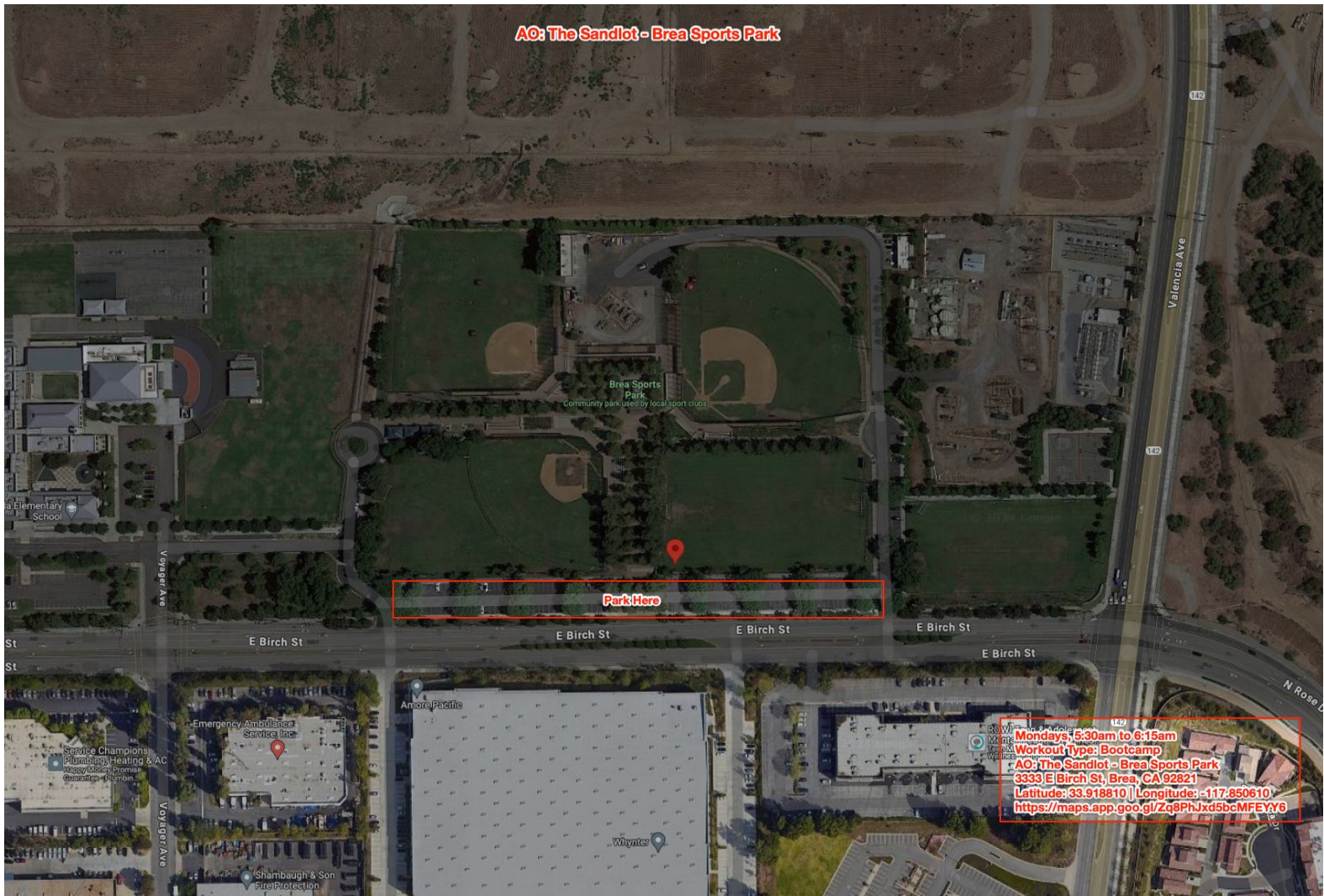
[2301 N Kraemer Blvd, Placentia, CA 92870, Parking Lot D](https://www.google.com/maps/place/2301+N+Kraemer+Blvd,+Placentia,+CA+92870)

**Mondays, 5:30am to 6:15am**

Workout Type: Bootcamp

AO: The Sandlot - Brea Sports Park

[3333 E Birch St, Brea, CA 92821](https://www.google.com/maps/place/3333+E+Birch+St,+Brea,+CA+92821)





**Mondays, 5:30am to 6:15am**

Workout Type: Bootcamp

AO: Mirkwood Forest - Mile Square Park

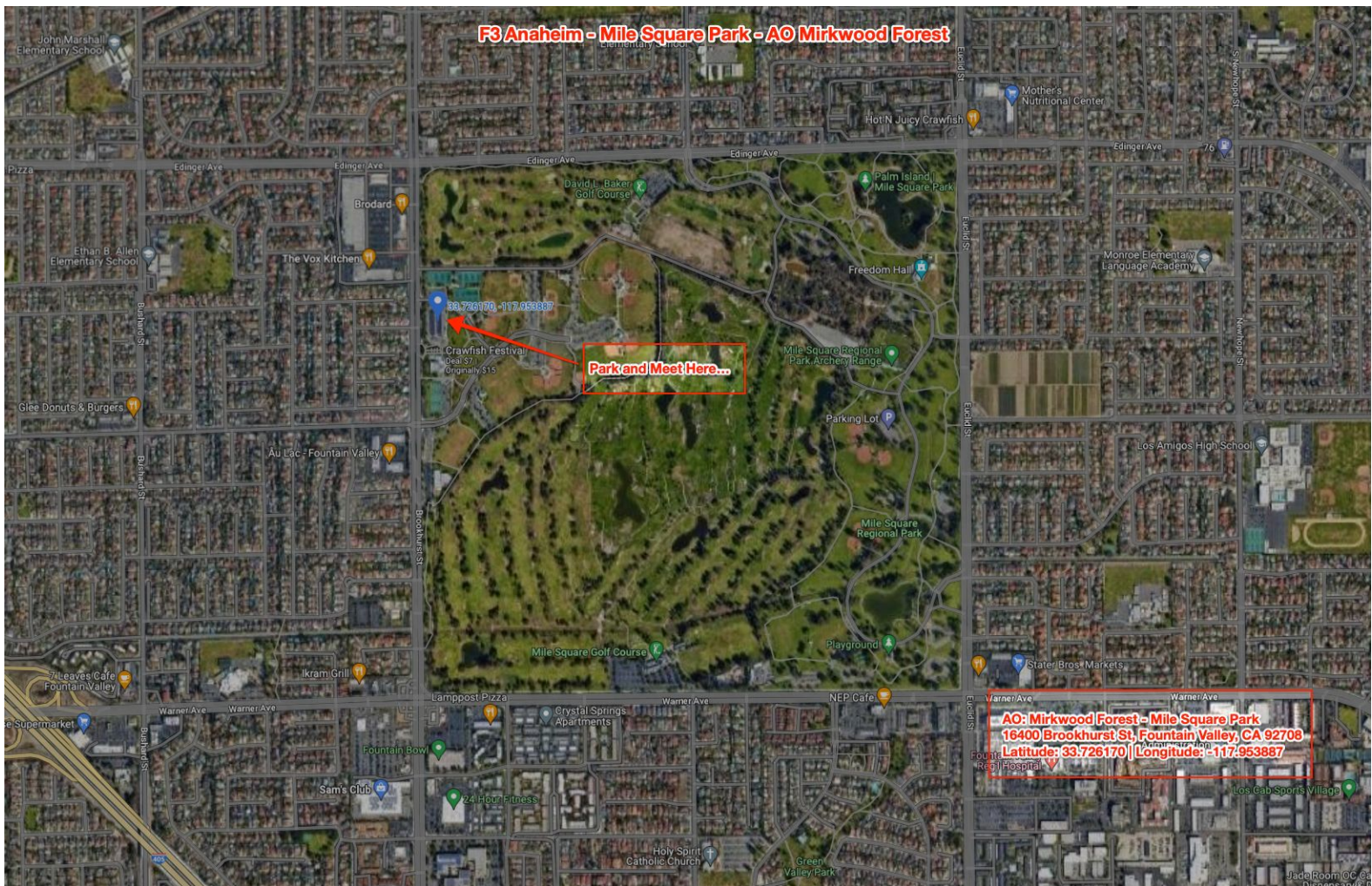
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AO: Iron Horse - Yorba Regional Park

[7400 E La Palma Ave. Anaheim, CA 92807](#)





**Wednesdays, 5:30am to 6:15am**

Workout Type: Bootcamp

AO: Rohan - Tri-City Park/Tuffree Hill Park

[2101 Tuffree Blvd. Placentia. CA 92870](#)

**Saturdays, 7:00am to 8:00am, pre-ruck starts at 6am**

Workout Type: Bootcamp

AO: Lakeside (Esgaroth) - Tri-City Park

[2301 N Kraemer Blvd. Placentia, CA 92870, Parking Lot D](#)





**Thursdays, 5:30am to 6:30am**

Workout Type: 5K Ruck/Walk

AO: Active Book Club - Craig Regional Park

[3300 State College Blvd, Fullerton, CA 92835](https://www.google.com/maps/place/3300+State+College+Bld,+Fullerton,+CA+92835)





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[1440 N Brea Blvd, Fullerton, CA 92835](https://www.google.com/maps/place/1440+N+Brea+Blvd,+Fullerton,+CA+92835)

Park and meet near the Korean War Memorial,  
across from Starbucks.





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