

Men's Workout Group

Men looking for camaraderie and fitness, join the free men's workout group that meets on Mondays and Thursdays from 5:30-6:15am at Hollymead Elementary. We're part of a national movement called F3. Workouts are free, outside (regardless of weather) and accessible to men of all fitness levels. We've been at it for 6+ years and have 25+ guys. Questions? F3cville.com, jim@jimharshawjr.com or 434/409-0257.