



Free Morning Boot Camp with F45 Macomb on Facebook Live

**You are invited for a F45-style home workout on Saturdays
from 9:00 A.M. - 9:45 A.M.**

**This is a body weight focused cardio and strength workout
that doesn't require any special equipment or weights.**

**Set your calendar appointment and meet us Saturday mornings
starting at 9:00 A.M. for an exhilarating F45 workout from home!**

**View the workout live from the F45
Facebook page [F45 Training Macomb MI](#)**

**Saturday, May 16, 2020
9:00 A.M. - 10:00 A.M.**

**Saturday, May 23, 2020
9:00 A.M. - 10:00 A.M.**

**Saturday, May 30, 2020
9:00 A.M. - 10:00 A.M.**

**For more information, call (586) 422-1554
or go to: www.f45training.com/macombmi**