

# Front Street FITNESS

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

## GET UP & MOVE

Join us in July for live movement breaks Monday through Friday!

[11:00 – 11:10 a.m. Get Up & Move](#)

[2:00 – 2:10 p.m. Get Up & Move](#)

## VIDEO LIBRARY

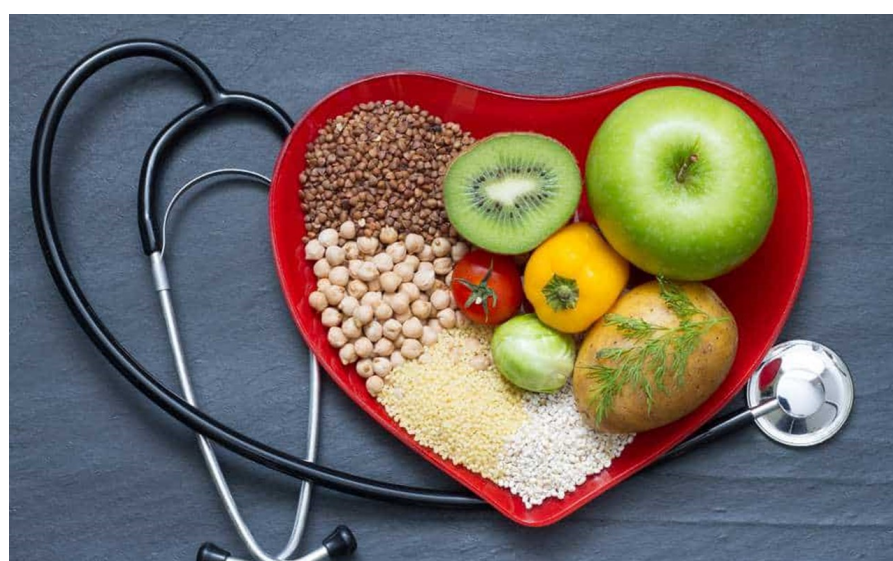
Access our on-demand fitness video library using the password **Breathe**.

[Click to access!](#)

## FIVE ON FRIDAY

Join our OhioHealth Exercise Physiologist to hear why staying mobile matters!

[Click to watch!](#)



## Heart to Heart

Join OhioHealth for a 6-week program designed by Exercise Physiologists, this comprehensive course looks at heart anatomy, exercise, stress management and more—empower yourself!

Please register for Heart to Heart:

**Wednesday, July 10 – August 14**  
**11-11:30AM**

[Register WebEx Virtual Platform](#)

REGISTER TODAY!



## Looking for Support?

Stop by the front desk to find out more about our services.

- Personal training
- Body composition Assessment
- UHC Health Engagement Nurse referral



## More Resources:

- Whiteboard daily workouts (on-site)
- Live (virtual) healthy cooking demos, educational webinars, instructor-led fitness and yoga classes

## Wait there's more!

Visit the [Healthy Columbus](#) webpage for detailed program information!



## LIVE Cooking Demo! Watermelon 2 Ways: Watermelon Agua Fresca & Watermelon Feta Salad

Watermelon is roughly 90% water which makes it a great choice to stay hydrated and satisfy your sweet tooth on hot summer days!

These simple and refreshing recipes pair a sweet drink option with a fresh unique salad.



Please register for Watermelon 2 Ways:

**Wednesday, July 10**  
**1-1:45PM**

REGISTER TODAY!



[Register WebEx Virtual Platform](#)

## OhioHealth Virtual Group Fitness

**July 1– September 27**

- ⇒ Check out new classes
- ⇒ Schedule is located on the [Healthy Columbus](#) webpage

**Front Street Fitness**  
*Powered by OhioHealth*

**Employee ID is required**  
**PARKING – 144 N Ludlow St**  
**43215**

**Open Daily:**  
**5:00 AM – 8:00 PM**