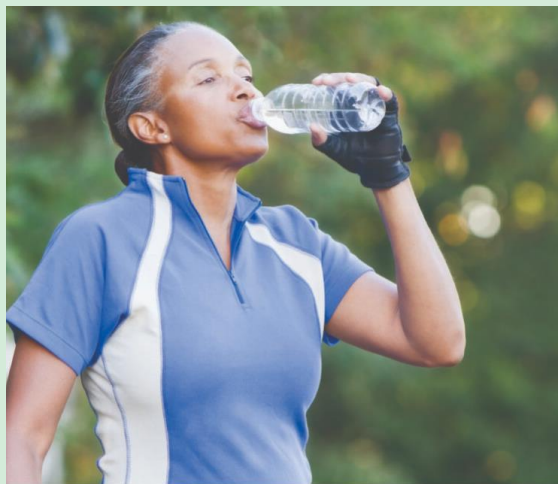


Front Street FITNESS

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

Health & Wellness Tips



Prevent dehydration

[Learn more](#)



[On Demand Library](#)

Password:
Stretch



Summer Fitness Challenge

June 10 – 24th

Attention Front Street Fitness Members!
Want to enter a raffle simply by engaging in fitness activities? Look for an email on Friday June 7th for the Summer Fitness Challenge Instructions. *No registration needed.*

Earn raffle tickets by:

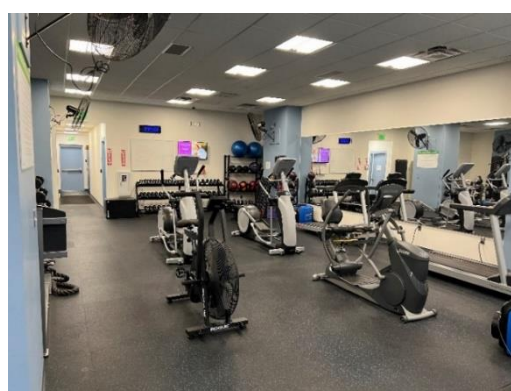
- ✓ Daily Check-ins to the Fitness Center
- ✓ Complete the Summer Challenge Scavenger Hunt
- ✓ Attend OhioHealth live virtual group fitness classes

Not a member? [Join!](#)



Personal Training

- ✓ Customized
- ✓ One-on-one
- ✓ By appointment only
- ✓ Monday and Wednesday female trainer
- ✓ Tuesday and Thursday male trainer



[Sign up!](#)



Add movement breaks to your workday anywhere - a car, bench, gator 4x4, break room, or by the time clock!

[Watch the video!](#)



Front Street Fitness
Powered by OhioHealth

102 N Front St 43215
PARK – 144 N Ludlow St 43215

Employee ID is required

Open Daily
5:00 AM – 8:00 PM
614-645-3979
FSFitness@columbus.gov