Front Street FITNESS

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

FACILITY ENHANCEMENTS

Have you seen the new equipment?

Stop in and check out our new equipment at Front Street Fitness including benches, kettlebells, strength equipment, and more!

FRONT STREET FITNESS
Powered by OhioHealth

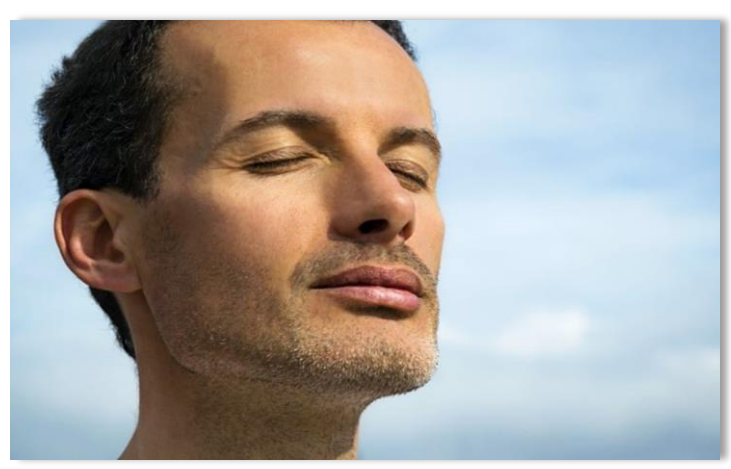
Open Daily
5:00 AM – 8:00 PM
614-645-3979
FSFitness@columbus.gov

SPINE WELLNESS

Dates: February 9th to March 2nd
Time: Thursdays 12-12:45pm
Register here

Expect to learn:

- Back pain interpretation & biomechanics
- Mobility, flexibility and foam rolling
- Strength and stability exercises to support the spine
- How to maintain a healthy spine long term



Cultivating a Grateful Mind
Well-Being Webinar
Date: Wednesday, February 22nd
Time: 11-12pm
Register here

Expect to learn:

- The science behind gratitude
- How it assists in building resilience
- Gain tools and resources to enhance a gratitude practice
- Experience a gratitude meditation