

Front Street FITNESS

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

December 2024

Get Up & Move

Join us in November for instructor led movement breaks Monday through Friday at 11AM and 2PM.

[11AM - 11:10AM Get Up & Move](#)
[2PM - 2:10PM Get Up & Move](#)

Video Library

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

[Click to access!](#)

Five on Friday

Register for Virtual Group Fitness classes! Join Tyler for a step-by-step guide to class registration.

[Click to watch!](#)

Friendly Reminder! Register for health and wellness programs and services by following provided links or scanning QR codes if experiencing internet and firewall issues!

12 Days of Wellness

Feeling overwhelmed by the hustle of the holidays? Decompress and unplug with our December member-exclusive challenge! Each day, experience simple yet powerful practices to help you recharge, find calm and reclaim your balance.

Activities promote sustainable behavior change and include:

- Self-appreciation and restoration
- Interpersonal connection
- Physical well-being
- Gratitude and purpose reflection
- And more



Challenge begins **Monday, December 2nd**

Please locate challenge details in your December member updates!

More resources and the Oct-Dec OhioHealth Virtual Group Fitness Schedule

available on the [Healthy Columbus](#) Employee Benefits and Wellness intranet page.

Scan the QR code to get started!



Recipe Corner with Maddie

Available to ALL City of Columbus Employees!

Discover a treasure trove of culinary creations designed to nourish both body and soul, accompanied by expert tips, resources, and advice from Maddie herself. Whether you're seeking healthier meal options, dietary guidelines, or simply culinary inspiration!

- Schedule 1 on 1 nutrition consultations
- Watch recorded cooking demonstrations
- Send any questions to Nutritionist@columbus.gov



Scan the QR code or following link below
[Healthy Eating - City of Columbus](#)

Looking for Support?

Create a WellnessLiving account to register for free health and wellness services.

- Personal training
- Body composition
- UHC Health Engagement Nurse
- Nutrition Consultation



Live Virtual Class Spotlight!

HIIT it Hard!

Every Friday at 7:30-8:00am

- Kick off your day strong with this high-intensity 30-minute cardio class. These quick bursts of exercise will raise your heart rate and get you sweating, with short breaks to keep you ready for more.
- All fitness levels welcome and modifications provided!
- Ask about the live virtual group fitness schedule today!



Front Street Fitness

Powered by OhioHealth

Employee ID is required

PARKING
144 N Ludlow St 43215

Open Daily:

5:00 AM – 8:00 PM

614-645-3979

FSFitness@columbus.gov

102 N Front St 43215

614-645-3979

FSFitness@columbus.gov