

FRONT STREET FITNESS CENTER

Frequently Asked Questions

FITNESS CENTER LOGISTICS

Q: Where is the center located?

A: Front Street Fitness Center is located at 102 N. Front St. (downtown). It occupies the storefront of the employee parking garage, located on the east side of Front St. between Gay St. and Long St (next to Cravings Cafe).

Q: Is there a fee to use the center?

A: No, membership to Front Street Fitness is FREE!

Q: Is the center use restricted to downtown City of Columbus employees only?

A: No, all City of Columbus employees are permitted to use the facility, regardless of their work location.

Q: How secure is the building?

A: The fitness center and employee parking garage is under surveillance 24/7. Access to the fitness center is by employee badge only. Employees will only be granted access once they have completed all the appropriate documentation (see below for more details). The fitness floor is equipped with security cameras and a red Emergency Button located on the wall, behind the front desk, that if pressed, will notify police, EMS and Columbus Fire.

Q: Where can I park?

A: Street parking is available. If you are coming from an off-site location, one additional parking option is available. However, to learn more about this option, please contact the HealthyColumbus staff member, Brandon Kimbro at btkimbro@columbus.gov.

HOURS AND ACCESS

Q: How can I be given access to the center?

A: All employees must complete the following paperwork and waivers to be given access to Front Street Fitness Center:

- Covid-19 Waiver
- Ohio BWC Waiver
- Badge Access Form

All forms can be found at <https://www.columbus.gov/hr/healthy-columbus/wellness-program/Front-Street-Fitness/>

Q: What are the center hours?

A: The center is open every day of the week from 5:00 a.m. - 8:00 p.m.

Q: Can my family members or friends use the center?

A: No, friends, family members, and unauthorized coworkers are **not** permitted to use the facility.

AMENITIES

Q: What equipment and amenities are available at Front Street Fitness Center?

A: Equipment and amenities include:

- A variety of strength training and cardiovascular training equipment including:
 - **Strength:** dumbbells, barbells, kettlebells, leg press, selectorized strength machines, dual cable pulley system, captain's chair, adjustable benches and more!
 - **Cardio:** treadmills, ellipticals, stair climber, recumbent stepper, indoor bicycle, and rower.
 - Mats, bands and various other accessories are also available for use.
- An optional daily Workout of the Day created by the OhioHealth the fitness team.
- New member equipment orientation, general exercise guidance and ACSM recommendations based on your fitness level provided by OhioHealth Exercise Physiologists.
- Locker room amenities include showers, restrooms and lockers for daily use. Must provide own lock and remove daily after each use.

Q: Are there group exercise classes offered in the center?

A: Due to covid-19 precautions, there are currently no in-person exercise classes offered at this time, however Front Street Fitness members have access to ALL OhioHealth live virtual group fitness classes and pre-recorded workouts in the on demand library. To learn more and register, don't hesitate to email us at FSFitness@columbus.gov. All City employees, regardless of membership, can participate in the virtual group fitness classes offered by the OhioHealth fitness staff.

STAFFING AND MANAGEMENT

Q: Will the center be staffed?

A: Yes! An OhioHealth Exercise Physiologist will be on-site 40 hours per week. The hours we will be available are M/W/F from 6:00 AM – 2:30 PM and Tu/Th from 9:30 AM - 6:00 PM. The Exercise Physiologist will take a 30-minute lunch break during the day and will not be available during that time. A sign will be up at the front desk notifying members that the team member is on break.

Q: Is it necessary to reserve equipment?

A: No, all equipment is on a first come, first serve basis. With that in mind, we ask members to be mindful of using multiple pieces of equipment while others may be waiting.

Q: Which City department will oversee the center's operations?

A: The Department of Human Resources and the HealthyColumbus program manages the center's operation.

Q: How often will the center and equipment be cleaned?

A: The Facilities Division staff will be responsible for cleaning floors, emptying trash, and the locker/bathroom areas. The OhioHealth Exercise Physiologist will do two daily cleanings. All fitness center members are expected to clean the equipment thoroughly before and after each use with disinfectant wipes that are provided. Wipe dispensers are located on each of the pillars on the fitness floors.

Please note the Front Street Fitness Center hours, operational policies, and equipment supply are subject to change.

Further questions?

Please email Brandon Kimbro at btkimbro@columbus.gov or Front Street Fitness staff at FSFitness@columbus.gov.