

Front Street FITNESS

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

New at Front Street Fitness

Personal Training

- ✓ On-site one-on-one 30-minute sessions
- ✓ Meet with an OhioHealth degreed and certified Exercise Physiologist
- ✓ By appointment only
- ✓ Please read and abide by policies and procedures
- ✓ Click [here](#) to learn more and reserve your appointment



Front Street Fitness

Powered by OhioHealth
102 N Front St, 43215
Parking located at:
141 N Front St, 43215

**EID Badge required for entry
at both locations**

Open Daily
5:00 AM – 8:00 PM
614-645-3979

FSFitness@columbus.gov

Member Fitness Challenge



March 4th - April 1st

- ✓ FREE 4-week Virtual Challenge
- ✓ Complete activities and track your progress to earn points and compete for prizes!
- ✓ Includes exercise, nutrition, and mindfulness challenges to improve overall wellness
- ✓ *Must be a FSF member to participate. Sign-up for your FREE membership at the new [Healthy Columbus website!](#)*

**be on the lookout for more details from
FSFitness@columbus.gov*

Live Cooking Demo



Scan with your phone to register

Budget Friendly Taco Bowls

[Register](#)

**Thursday, March 14th
11:00-11:45am**

March is National Nutrition Month! Let's celebrate with taco bowls! This recipe packs a nutritional punch and is completely customizable based on your budget, what you may have on hand in your pantry, and the fresh or canned produce available to you.