

Front Street FITNESS

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER



Congrats to ALL Participants!

Top scores:



Diann Johnson



Justin Ginnette



Scott Garver

On-Demand Fitness

May is National Physical Fitness and Sports Month

- Invest in YOU!
- Simply START!
- Meet yourself where you ARE!



[Watch the Video](#)

Learn how to build a routine that works for you!

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

Live Cooking Demo

Simple Blueberry and Oat Crisp

[Register](#)

Wednesday, May 15th
1:00-1:45pm



Scan with your phone to register



May is Mental Health Awareness Month. This simple dessert is packed with antioxidants from fresh spring blueberries which protect our brain by stopping cellular damage from free radicals. We'll also get loads of omega-3's from the walnuts. These anti-inflammatory fats maintain our brain health.

Nutrition Education with Maddie



Maddie Bidwell, RD, LD, offers a variety of nutrition education sessions designed to empower you and your coworkers to make healthier choices and optimize your well-being.

Interested in learning more?

Email maddie.bidwell@OhioHealth.com to request the list of nutrition education topics provided.