

Front Street FITNESS

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

New Virtual Group Fitness Schedule

Classes run April 1- June 28!

New classes including:

- Pilates Cardio Sculpt
- Metabolic Mayhem
- Strength and Core

Schedule attached below!

On-Demand Fitness

Use the search bar to find the right class for you!

Link & password are on the new virtual group fitness schedule!



modifications

OhioHealth

**STRENGTH
EQUIPMENT
MODIFICATIONS**

10 MINUTES/EDUCATION



[Watch the Video](#)

Learn ways to customize strength exercises to meet your needs!

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

Personal Training

Available by appointment

Monday-Thursday

[Schedule here](#)



Meet the Trainers!



MEGAN ARNOLD is a certified Clinical Exercise Physiologist, ACSM, Group Exercise Instructor and Wellness Coach, NETA, registered Yoga Teacher and holds a Master's of Science degree Clinical Exercise Physiology.

TRAVIS NOSBISCH received his bachelor's degree in Nutrition, Exercise, and Health Sciences from the University of Nebraska-Lincoln and is an ACE-certified personal trainer.

Science of Strength Training

Wednesday, April 24th

12:00-1:00PM

[Register](#)

Join OhioHealth exercise physiologists for **The Science of Strength Training!** A 60-minute virtual education session to learn ways to build an effective resistance training program!

This webinar will be recorded and available for you to watch at your convenience.

Topics include:

- ✓ Exercise technique
- ✓ Program design
- ✓ How our bodies function
- ✓ And more!