Front Street Fitness

City Employee Fitness Center

Frequently Asked Questions

Updated 2.15

Center Logistics

Q: Where is the center located?

A: Front Street Fitness is located at 102 N. Front St. (downtown). It will occupy the north storefront of the employee parking garage, located on the east side of Front St. between Gay St. and Long St.

Q: Is there a fee to use the center?

A: Employees will not be charged to use the center.

Q. Can I use the center on "work" time?

A: Employees are expected to use the center on their own time.

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

A: Employees are permitted to use the facility, regardless of their work location.

Q: Can all city employees use the center?

A: Due to space limitations, employees belonging to some classifications, including contractors and seasonal employees are not permitted to use the facility. All users must be over 18 years of age. Please call 645-8624 to inquire about specific classification eligibility.

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 not be given access if they have not completed orientation. The fitness area of the center will be equipped with security cameras and a panic button to ensure the safety of users and the equipment. There will be no security cameras inside the locker rooms. Employees must enter the center through the Security Center (100 N. Front St.) and follow the signs to the Fitness Center. Once inside the fitness center, the door leading to the Front St. sidewalk has been designated as exit only. After garage renovations are complete, the area will be very well lit. The windows inside the center will have a heavy tint, making it difficult to see inside the center.

Hours and Access

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

A: Employees must go through a 15 minute center orientation before badge access is granted. Employees will not be exercising during the orientation. Please contact x3979 or plshick@columbus.gov to schedule your orientation.

Q: What are the center hours?

A: Monday– Friday 5:00am-8:00pm.
Saturday & Sunday 8:00am-4:00pm.

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

A: Unfortunately friends, family members and unauthorized coworkers are not permitted to use the gym at this time due to space restrictions.

Q: Will I be able to park for free?

A: Before 8:00am and after 4:00pm, employees may park in the surface lot directly in front of the 77 N. Front St. building. This lot is expected to permanently close in the fall of 2015.Ample meters along Front St., Gay St., Long St. and Marconi Ave. are available before 8:30am and after 4:00pm, and cost approximately 75 cents an hour. The garage not be available for use as Front Street Fitness Center Parking..

Amenities

Q: What equipment and amenities will be in the center?

A: The center will be furnished with the following equipment:

- 3 commercial grade treadmills
- 2 commercial grade Octane Lateral machines (very similar to an elliptical, with more functionality)
- 2 commercial grade recumbent bikes
- Dual Adjustable Pulley System
- Seated Leg Press
- Fit 3 multi– gym station
- Dumbbells, kettle bells, plyometric boxes
- Stability balls, jump ropes, yoga mats and exercise bands
- TRX stations
- Open floor space with TV/DVD player, retractable curtain and fitness DVDs
- 3 TVs in the cardio area
- Wi-fi
- Water fountain with water bottle filling station
- Locker rooms (2 showers for men, 2 showers for women)

The following amenities will NOT be provided at the center:

- Nutrition services
- Towels, shampoo and soap
- Space to purchase beverages or fitness gear

Q: Can I keep personal items in lockers overnight?

A: Due to space limitations, employees may not leave items in a locker when they are not using the center without prior approval. Locks left overnight will be removed and placed in the City's lost and found. If employees want to lock their belongings while using the center, they must provide their own lock. Employees should use the center at their own risk. The City of Columbus is not responsible for lost or stolen items. Please note the employees may keep items in the lockers directly in front of the entrance to FSF, near the bike racks.

Q: Will the current fitness classes be moved to the center?

A: Due to space limitations, the current fitness classes will remain in their current locations.

Q: Will people on the sidewalk be able to see into the center?

A: The windows are frosted to so pedestrians cannot see into the center.

Staffing and Management

Q: Will the center be staffed?

A: A Exercise Specialist from TheYMCA of Central Ohio will staff the center during the following hours beginning May 12th:

Monday– Thursday: 11:00am-2:00pm and 3:00pm-6:00pm
Friday: 7:30-8:30am & 11:00am-4:00pm

Q: What services will the Exercise Specialist provide? Can he or she personally train me?

A: The Exercise Specialist will provide orientation for the center, assess individual fitness levels and provide a tailored exercise plan for employees upon request. He will also provide group training classes and a health fitness coaching program (see attached flier about Right Start).

Q: What if the center is full when I want to use it?

A: Although not required, a reservation for cardio equipment is available for employees to sign up for treadmills, laterals and the bikes. If someone is using the equipment during your reservation time, we ask that you kindly let them know that you reserved the equipment.

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

A: The Department of Human Resources and the Healthy Columbus program will manage the center's operation (645-0988).

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. All users are expected to clean the equipment thoroughly after each use. Fit Wipes will be provided for this purpose.

Please note the Front Street Fitness Center hours, operational policies and equipment supply are subject to change. Every effort will be made to provide information about any changes with as much notice as possible.

Do You have More Questions?

If your question hasn't been answered in this document, please send it to jemorel@columbus.gov.