Front Street FITNESS

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

Make Your Voice Heard!

What would you like to see at Front Street Fitness? How can we continue to improve your experience? Please take our brief survey:
https://www.surveymonkey.com/r/frontstreetfitness
Survey will close Friday, 4/1

Did You Know?

Joining Front Street Fitness is easy! Tell your coworkers and come with a friend. Fitness can be fun!
https://www.columbus.gov/hr/healthy-columbus/wellness-program/Front-Street-Fitness/

Why are frogs good at basketball?

They always make jump shots!

Front Street Fitness

Powered by OhioHealth
Monday – Friday:
9:00 AM – 5:00 PM
614-645-3979
FSFitness@columbus.gov

Have You Signed Up?

The March Madness program is in full swing! Be sure to stay on the lookout for emails from Front Street Fitness with details and weekly scorecards. March Madness is a great accountability and motivational tool and in addition to the prize of movement we have PRIZES you can win! The catch - you can't win if you don't sign up!

Healthier Buffalo Chicken Dip

- 8 oz reduced fat cream cheese
- ¼ cup nonfat Greek yogurt
- 2 chicken breasts, cooked and shredded
- ½ cup low fat cheddar cheese
- ½ cup light crumbled blue cheese
- ⅓ cup buffalo sauce

Add all ingredients to a slow cooker;
Stir and cook on high for 4 hours.
EAT!