

Front Street FITNESS

CITY EMPLOYEE FITNESS CENTER

THE CITY OF

COLUMBUS

ANDREW J. GINTHER, MAYOR

SPRING & SUMMER CLASS SCHEDULE

Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
12-12:30pm	12-12:45pm	12-12:30pm	12-12:45pm	12-12:30pm
Total Body Weight Training	Body Weight Strength, Core, Stretching***	HIIT	Body Weight Strength, Core, Stretching***	Total Body Weight Training
	5pm-5:30pm		5pm-5:30pm	
	Cardio & Core		Total Body Weight Training	

*** Class is held in the CSTAT room in the basement of 77 N. Front St. beginning 1.5.16

Hours of Operation: M-F: 5am-8pm and S/S: 8am-4pm

YMCA Staff Availability

Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-3:00pm	10:00am-6:00pm	7:00am-3:00pm	10:00am-6:00pm	7:00am-3:00pm

Would you like to join or have Questions?

Contact Pat Shick, the YMCA Corporate Wellness Support Coordinator at plshick@columbus.gov or x3979

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DEPARTMENT OF
HUMAN RESOURCES

healthy **COLUMBUS**
CITY EMPLOYEE WELLNESS PROGRAM

