

# Front Street FITNESS

CITY EMPLOYEE FITNESS CENTER

THE CITY OF  
**COLUMBUS**  
MICHAEL B. COLEMAN, MAYOR

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

## YMCA Staff Availability:

Monday	Tuesday	Wednesday	Thursday	Friday
11:00am-2:00pm 3:00pm-6:00pm	11:00am-2:00pm 3:00pm-6:00pm	11:00am-2:00pm 3:00pm-6:00pm	11:00am-2:00pm 3:00pm-6:00pm	10:00am-4:00pm

## Orientation Times:

Monday	Tuesday	Wednesday	Thursday	Friday
11:30am 4:30pm	11:30am 4:30pm	11:30am 4:30pm	11:30am 4:30pm	11:30am 3:30pm

## Group Exercise Class Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>12:00pm-12:30pm</b> Upper Body & Lower Body Strength	<b>12:00pm-12:30pm</b> Core & Cardio	<b>12:00pm-12:30pm</b> Upper Body & Lower Body Strength	<b>12:00pm-12:30pm</b> Core & Cardio	<b>12:00pm-12:30pm</b> Upper Body & Lower Body Strength
<b>5:00pm-5:30pm</b> Core & Cardio	<b>5:00pm-5:30pm</b> Upper Body & Lower Body Strength	<b>5:00pm-5:30pm</b> Core & Cardio	<b>5:00pm-5:30pm</b> Upper Body & Lower Body Strength	<b>3:00pm-3:30pm</b> Core & Cardio

## Would like to Join? Or have Questions?

Contact Pat Shick, the YMCA Corporate Wellness Support Coordinator at [plshick@columbus.gov](mailto:plshick@columbus.gov) or x3979.