

Front Street Fitness

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	7am-8am 11:00am-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	7:30am 11:30am 3:30pm

Group Exercise Class Schedule:

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

Would like to Join? Or have Questions?

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