

# Front Street FITNESS

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

NEW!

## VIRTUAL GROUP FITNESS SCHEDULE

Jan 2<sup>nd</sup> – March 29<sup>th</sup>

Check out new classes and instructors and remember to register now for all classes you'd like to take *at any point* during this session. Schedule attached below!

Cannot attend a LIVE class? Try classes at any time with our on-demand library!

Password: Balance

[VIEW THE ON-DEMAND CLASS LIBRARY](#)



Join Travis for a [high intensity Tabata style workout](#) that requires no equipment! Each 4-minute block will challenge your abdominal strength and stability while driving your heart rate up.

**Front Street Fitness**  
Powered by OhioHealth  
102 N Front St, 43215

Parking located at:  
141 N Front St, 43215

**EID Badge required for entry  
at both locations**

**Open Daily**  
5:00 AM – 8:00 PM  
614-645-3979  
[FSFitness@columbus.gov](mailto:FSFitness@columbus.gov)

Join us for...



## Fitness 101!

January 10<sup>th</sup> to February 14<sup>th</sup>  
Wednesdays 11:00-11:30am

[Register](#)

Topics include:

- Flexibility, mobility, and stretching
- Cardiovascular conditioning
- Resistance training
- Nutrition basics

## Slow Cooker Pot Roast

### Live Cooking Demo

A cozy meal that comes together in minutes during the long winter months. This heart healthy pot roast uses a leaner cut of beef and is cooked until tender with aromatics like garlic and onion for flavor without the need for large amounts of salt.



[Register](#)

January 17<sup>th</sup>  
12:00-12:45pm

