



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Welcome Front Street Fitness Member!

# LET'S GET STRONGER TOGETHER

Personal/Group Training  
FRONT STREET FITNESS CENTER

We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal, semi-private and small group training to help you set and meet your specific goals in order to live healthier. Please contact Pat (645-3979) or [plshick@columbus.gov](mailto:plshick@columbus.gov).

## FRONT STREET FITNESS MEMBER SPECIAL

Three Personal (1:1)  
60-minute sessions  
JUST \$99\* (\$120 value)

## TRAINING RATES\*

	60 MINUTES	30 MINUTES
<b>PERSONAL</b> (1:1)	\$39.95/session \$199.95/6 sessions	\$21.95/session \$109.95/6 sessions
<b>SEMI-PRIVATE</b> (1:2-3)	\$29.95/session \$149.95/6 sessions	\$15.95/session \$79.95/6 sessions
<b>SMALL GROUP</b> (1:4-6)	\$19.95/session \$99.95/6 sessions	\$11.95/session \$59.95/6 sessions

# Front Street FITNESS

CITY EMPLOYEE FITNESS CENTER  
THE CITY OF  
**COLUMBUS**  
ANDREW J. GINTHER, MAYOR

[columbus.gov/employeefitnesscenter.aspx](http://columbus.gov/employeefitnesscenter.aspx)

\*All rates are per person.

\*Limit one (1) Introductory Special per member.

\*Sessions must be purchased at the Front Street Fitness Center.

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