

The O.G. News

May 2026



theohiogym.com

Stronger for Summer with Confidence, Consistency, Community

May is about building momentum you can carry into summer: strength you can feel, energy you notice, and a routine that fits real life.

Women's Day at The Ohio Gym May 6th (5pm-7pm)

Bring a friend, learn something new, and leave feeling fired up.

What's included (FREE)

- Health + fitness talks (practical, real-world tips)
- Free guests (bring a friend who's been thinking about joining)
- Free recovery services (perfect intro to what recovery can do for your body)
- Free Women's H.I.T.T. class

Who it is for:

All women all levels. If you're brand new, getting back into it, or already training hard you'll fit right in.

Membership Promo: Bring a Friend, Build a Routine

If you've got a friend who needs a push, May is the month.

- Free guests during Women's Day (May 7)
- Ask the front desk about the best membership fit: General, VIP, or Exclusive for \$0 Enrollment

Exercise Tip of the Month: The Summer Strength Circuit (30 minutes)

Do this 2-3x/week to build strength + conditioning without living in the gym.

Complete 3-4 rounds:

1. Leg press 10-12 reps
2. Dumbbell bench 8-10 reps
3. Lat pulldown 10-12 reps
4. Walking lunges 10/leg
5. Plank 30-60 sec

Rest 60-90 seconds between rounds.
Add weight when you can keep good form.

Nutrition Tip of the Month: Hydration that actually works

Most people don't need a complicated plan, they need a consistent one.

Try this simple May reset:

- Start your day: 16 oz water before coffee
- With meals: 8-12 oz each meal
- Training days: add 16-24 oz during/after workout

Quick upgrade

If you sweat a lot or cramp easily, add electrolytes 1x/day (especially on training days).

Recovery Feature: Compression Therapy

If your legs feel heavy, you're sore all the time, or you're stacking workouts this is a game changer.

Benefits:

- Supports circulation and recovery
- Can reduce soreness and tightness
- Great for runners, lifters, and anyone on their feet all day

May Challenge: The Drop Hang Challenge

New month, new challenge. Same energy.

How to enter

1. Record a video doing a drop hang for as long as you can.
2. Post it on social media.
3. Tag The Ohio Gym so we can track your entry.

The twist

At the end of the month, we'll post Eddie's time. If you can beat Eddie, you win.

Beat Eddie Grand Prize:

- FREE 1-month upgrade to our Ultimate Membership (includes Exclusive Membership + 1 personal training session per week)
- OG Shirt

Everyone who participates:

- FREE smoothie or coffee (your choice)



T-SHIRT OF THE MONTH



May Community Corner

VIP members—use your guest privileges and bring someone who needs a reset. If they join, don't forget our referral perk.

May Referral

\$30 credit to The Ohio Gym for every referral. Use for retail, recovery, personal training or your membership. If your friend loves the vibe here, send them in—we'll take care of the rest.

Classes: Your built-in accountability

Unlimited classes are included with VIP. If you've been stuck in a rut, classes are the easiest way to stay consistent.

Questions or ready to upgrade?

Email us at support@theohiogym.com or stop by the front desk.

Your Ohio Gym Family

STAY CONNECTED:

SHARE YOUR LUCKY GAINS ON SOCIAL MEDIA: - FACEBOOK -
INSTAGRAM - YOUTUBE
#OHIOGYMLUCK #THEOGSHEFFIELD #THEOHIOGYM

🕒 *Reminder of Our Hours:*

Staffed & Guest Hours:

Mon-Thu: 8am-10pm

Fri: 8am-8pm Sat: 8am-2pm Sun: 8am-2pm

VIP Members: enjoy Your 24/7 access continues as normal!

Our Partners



LifeSync Coaches

Offering membership-based programs designed to help individuals achieve life balance. A comprehensive support system that offers a range of resources, guidance, and tools to assist members in various aspects of their lives.



STATERA HEALTH AND WELLNESS

Statera Health and Wellness is a destination for those looking for recovery and enhancements, focusing on self care. We offer solutions that truly focus on healing from within. Come visit our relaxing and comfortable location and chat with experienced staff about how we can design a solution that best fits your personal needs.

TAKE ADVANTAGE OF OUR PARTNERSHIPS



ARABICA EXPRESS

Life without coffee is a scary place. That's why we continue to proudly serve up fresh coffee to your community. Globally sourced with the most delicious blends from around the world directly to your hand, our coffee makes even the most difficult days just a tad easier to get through.



NORTHERN OHIO BUSINESS CENTER

Grow your Business/Career without distractions. Could you use a little quiet to maximize your work? Our center has everything you could ask for in your workplace: incredible facilities with great amenities, and a supportive community with a network of industry leaders.