

The O.G. News

February 2026



theohiogym.com

Welcome to February at The Ohio Gym!

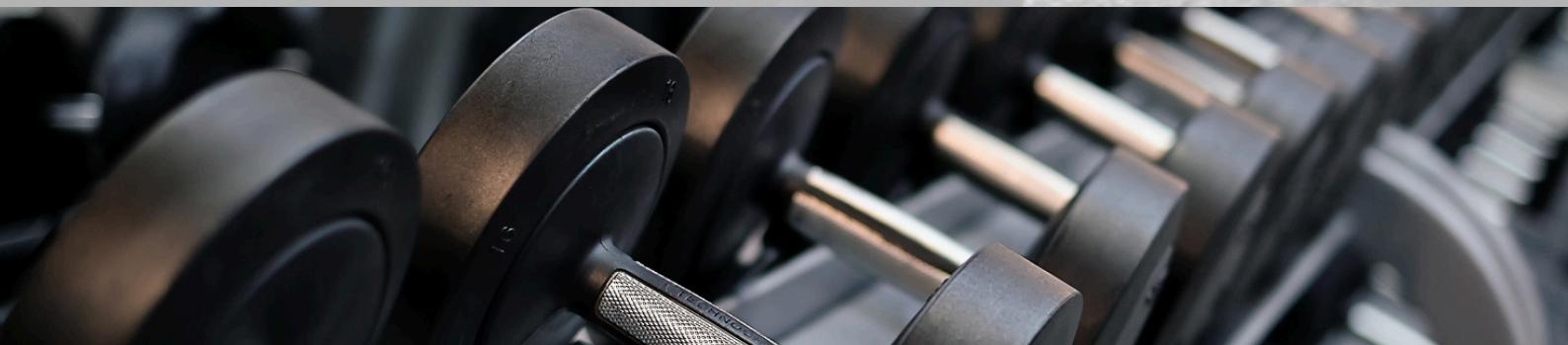
Hey Ohio Gym family! We're excited to kick off another month of fitness, wellness, and community. Here's what's happening at your neighborhood gym in February:

Group Class Schedule Highlights

- Zumba, Power Pump, Muscle Madness, Yoga, 20/20/20, WERQ, FITFORCE
- Classes run Monday–Saturday – check our website or front desk for times!
- All classes included for VIP members. Not a VIP? Ask us about upgrading!

MedSpa & Recovery Services

- Contrast Therapy, Infrared Sauna, Cold Plunge, Compression Therapy, and more!
- February focus: Boost your recovery and immunity with our Halo (Salt) Room.
- Book your session through the front desk or on the app.



Nutrition & Fitness Tips

- **Nutrition Tips:**

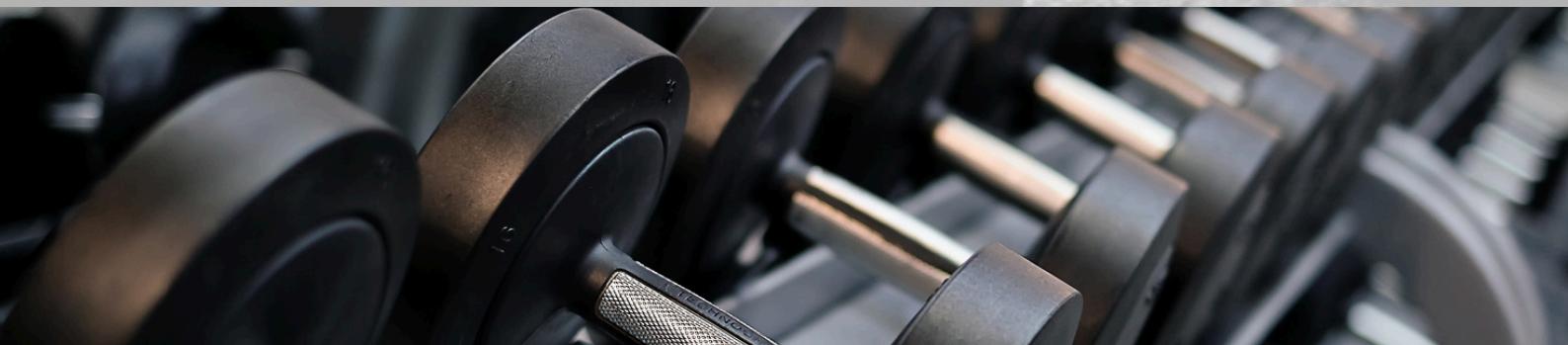
- Add a serving of colorful veggies to every meal this month for extra vitamins, minerals, and fiber—your body (and energy levels) will thank you!
- Stay hydrated: Aim for at least 8 cups of water a day, especially if you're increasing your activity.
- Need meal ideas? Ask our trainers about balanced, high-protein recipes!

- **Fitness Tips:**

- Mix up your routine! Try a new class or add a different exercise to your training—variety keeps you motivated and challenges your muscles in new ways.
- Set a goal for February, whether it's more steps, a new personal best, or just showing up consistently.
- Don't forget rest days—recovery is just as important as your workouts!

- **Track Your Progress:**

- Book your complimentary Styku 3D Body Scan! It's a great way to measure your progress, set new goals, and stay motivated. Ask the front desk to schedule your scan this month.



Membership Upgrade & Recovery Lounge News

- **Upgrade Opportunity:** Our Exclusive Membership now includes unlimited use of all recovery services—perfect for maximizing your wellness and performance! Ask our team about upgrading today.
- **Coming Soon:** We're building out The Recovery Lounge—a dedicated space for relaxation, rejuvenation, and advanced recovery therapies. The Recovery Lounge will also be a place to eat, drink, and shop—making it your one-stop destination for wellness and community. Stay tuned for sneak peeks and launch updates!

Member Spotlight

- We're celebrating members who inspire us—look for stories on our socials and in the gym!
- Want to nominate someone? Email us at support@theohiogym.com.

Community Corner

- Refer a friend and get a free t-shirt!
- Stay tuned for our February challenge—details coming soon on Instagram and Facebook.

We're grateful for your commitment to health and wellness. Let's make February amazing—together!

Stay strong, The Ohio Gym Team

T-SHIRT OF THE MONTH



STAY CONNECTED:

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

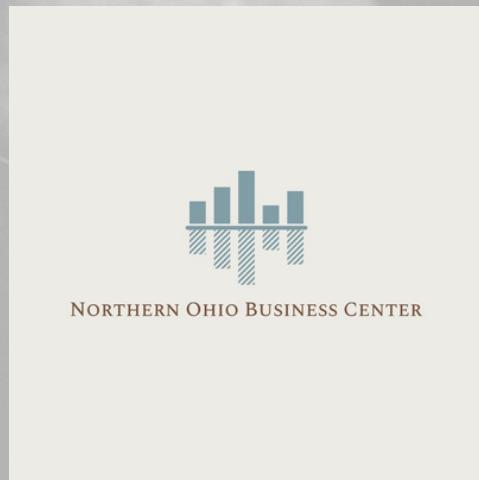
Statera Health and Wellness is a destination for those looking for recovery and enhancements, focusing on self care. We offer solutions that truly focus on healing from within. Come visit our relaxing and comfortable location and chat with experienced staff about how we can design a solution that best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