

The O.G. Herald

September 2025



theohiogym.com

Flex Appeal: Show Off Your Strength, Inside & Out!

September is here, and it's time to show off your Flex Appeal!

This month we're focusing on strength, confidence, and consistency—inside and out. Whether you're chasing personal bests, dialing in your nutrition, or simply showing up with energy, every rep and every choice builds the best version of you. Stay committed, stay consistent, and let's make September a month where your hard work shines.

Exercise Tip of the Month:

Flex Your Compound Moves

This month, maximize your “flex appeal” by prioritizing compound lifts—bench press, squats, pull-ups, and deadlifts. These not only build muscle and strength but torch calories more efficiently than isolation exercises. Bonus: finish each workout with a 5-minute flex/pose routine—it improves mind-muscle connection and confidence!

Nutritional Tip of the Month:

Protein Timing = Muscle Defining

To get the most out of your workouts, aim to spread your protein intake evenly throughout the day. Shoot for 25–30g per meal, whether it's eggs in the morning, chicken or fish at lunch, or a post-workout shake from the O.G. Smoothie Bar. Your muscles will thank you with better recovery—and more definition to flex!

Wellness Spotlight

Consistency = Confidence & Well-Being

Regular exercise isn't just about the flex—it's about feeling good from the inside out. Consistent workouts reduce stress, improve sleep, boost mood, and sharpen focus. When you commit to showing up, your mental health and physical energy align—creating the true flex appeal: strength, balance, and confidence in every area of your life.

September Join Special

Join this month and pay \$9.99 Enrollment + FREE Body Comp Scan. Build your flex appeal with us and track your gains from day one!

Personal Training Flex Pack

Buy 5 PT Sessions, Get 1 FREE. Perfect for sharpening your form, dialing in your nutrition, and unlocking your maximum flex potential.

Challenge of the Month: Flex Friday

Every Friday in September, snap a flex pic in the gym and tag us on social with #FlexAppealOG. Winner gets a \$25 OG Retail Credit at the end of the month!

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!

**FLEX APPEAL ISN'T JUST ABOUT LOOKS—IT'S
ABOUT STRENGTH, CONFIDENCE, AND
CONSISTENCY. KEEP PUSHING, KEEP
SHOWING UP, AND LET'S CRUSH SEPTEMBER
TOGETHER.**

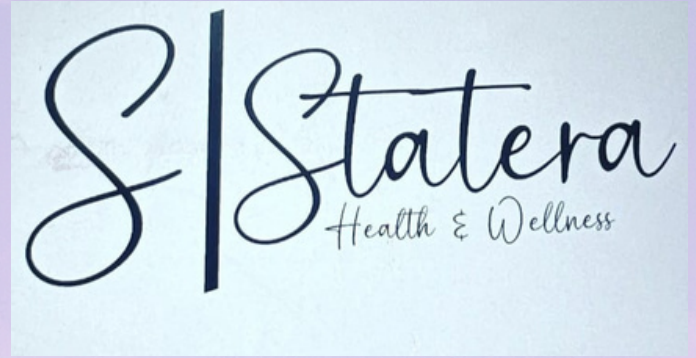
- THE OHIO GYM TEAM

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.



MOOSEHEAD BBQ GRILL

Moosehead BBQ Grill combines the feel of a great Southern Smokehouse with the flair of an American craft kitchen. Our menu features smokehouse favorites like our flame-grilled ribs and steaks and house-smoked brisket, sausage, chicken and pork. Our Chef-driven menu also features a mix of pastas, seafood, award-winning sauces, homemade southern cornbread, and appetizers that are sure to set us apart from the crowd!



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.