

# The O.G. Herald

May 2025

[www.theohiogym.com](http://www.theohiogym.com)

🌸 **Hello, May! Time to Crush Goals & Level Up** 🌟

As spring blooms into full swing, we're here to keep you focused, fired up, and feeling your best. Whether you're working on summer goals, dialing in your nutrition, or just need a little motivation – The Ohio Gym has your back. 🌟



## 🔥 What's New This Month

🌟 **Exclusive VIP Upgrade Offer – EXTENDED!**

**Renew or reactivate your membership this weekend and receive:**

- ✅ **2 FREE months**
- ✅ **FREE upgrade to VIP**
- ✅ **FREE Ohio Gym T-shirt**  
(Value over \$200!)

**Don't wait – this ends May 5th!**

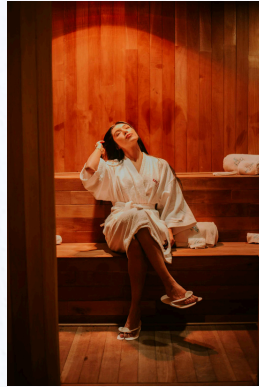


## **Statera Health & Wellness Spotlight**

*Feeling sore or burned out?*

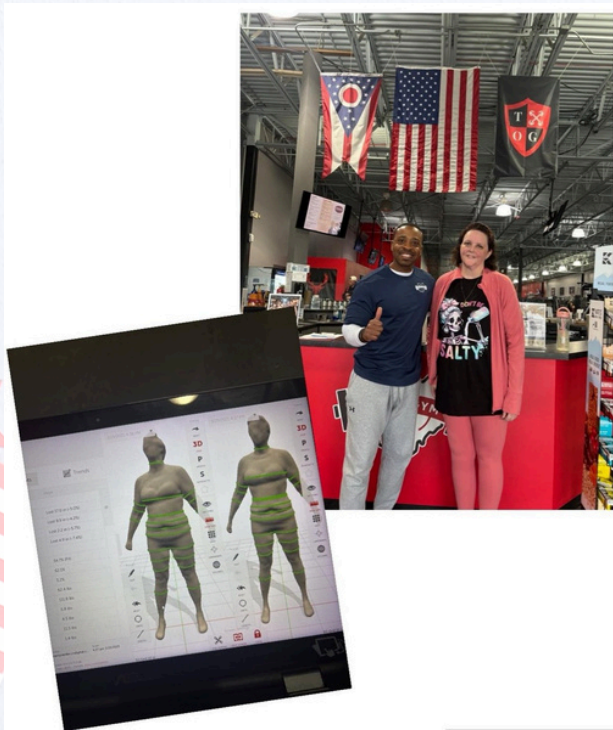
*Try our wellness therapies:*

- Cold Plunge
- Infrared Sauna
- Salt Room
- Compression Therapy
- Ask the front desk how to book your first **FREE** session with your VIP membership.



### **Member Shoutout of the Month**

Big S/O to Charity Neidler for staying dedicated and trusting the process. Her digital body scan says it all!



Lost: 12 lbs

BF% down 1.2

Inches lost: 19

9.9 ( inches from the waist )





## Nutrition Tip of the Month

*“Fuel before you train, recover after you lift.”*

*Try a carb + protein combo 45–60 minutes before your workout (like a banana with peanut butter), and refuel post-workout with lean protein and complex carbs to optimize recovery and muscle growth.*



## Exercise Tip of the Month

*“Superset for success!”*

*Pair opposing muscle groups (like chest + back or quads + hamstrings) in supersets to save time and increase intensity.*

*Example:*

➡ *Bench Press + Bent-Over Row*

➡ *Leg Press + Hamstring Curl*

*Ask a trainer to help build a superset workout just for you!*





# **WELCOME, COLLEGE STUDENTS!**

BACK HOME FOR SUMMER BREAK? SHOW YOUR STUDENT ID AND GET DISCOUNTED SUMMER RATES. LET'S MAKE IT A FIT SUMMER!

## **MAY NEW MEMBERSHIP SPECIAL – JOIN NOW, SAVE BIG!**


JOIN THE OHIO GYM THIS MONTH AND RECEIVE:

 \$0 ENROLLMENT

 3 FREE PERSONAL TRAINING OR RECOVERY SESSIONS

 FREE OHIO GYM T-SHIRT

WHETHER YOU'RE A BEGINNER OR A FITNESS PRO, THIS IS YOUR SIGN TO LEVEL UP.

 OFFER ENDS MAY 31ST – DON'T WAIT!



 **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!

### **MINDSET BEFORE THE SET**

QUESTIONS? READY TO START YOUR SET?

CALL US: 440-934-7440

SUPPORT@THEOHIOGYM.COM



# 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.