

# The O.G. News

June 2026



theohiogym.com

## Strong All Summer Long

Summer's here and we're keeping it simple: **show up, get stronger, feel better.** Whether you're training for confidence, energy, performance, or stress relief, we're here to help you stay consistent all season long.

A strong summer isn't about doing everything, it's about doing a few things really well.

- Strength 3x/week (even 30-45 minutes counts)
- Move daily (walks, mobility, light cardio)
- Recover on purpose (sleep, hydration, stretching, recovery services)
- Bring a friend (accountability makes it easier)

### Your "Strong All Summer" mini-challenge

Pick one goal for June and commit to it for 30 days:

1. Lift 3 days/week
2. Hit 8,000+ steps/day
3. Take 10 minutes of mobility after every workout
4. Try 2 group classes this month

### Father's Day Weekend at The Ohio Gym

**June 18th-21st**

*\*during staffed hours*

Bring your Dad or Children (age 12+) with you to workout for FREE

## **Exercise tip of the month: Own the basics**

If you want results that last, don't skip the fundamentals.

- Pick 4–6 “main lifts” and get a little better at them each week (more reps, a little more weight, better form).
- Keep it simple: squat/lunge + hinge + push + pull + carry + core.
- Aim for 2–3 sets per movement and leave 1–2 reps in the tank most sets.

### **Quick win this week: Add a 5-minute finisher after your workout:**

1. Farmer carries (30–45 seconds)
  2. Plank (30–45 seconds)
  3. Incline walk (1–2 minutes)
- Repeat 2 rounds.

## **Nutrition tip of the month: Protein + water first**

Summer gets busy. This is the easiest way to stay on track without overthinking it.

- Start each meal with protein (chicken, eggs, Greek yogurt, lean beef, tofu, protein shake).
- Add color (fruit/veg) and a smart carb if you're training hard.
- Hydration target: 2–3 liters/day, plus extra if you're sweating.

Simple rule: If you're hungry between meals, try water + protein first (then decide if you still need a snack).

## Member spotlight: Consistency wins



SHOUT OUT TO MARY JONES FOR PUTTING IN THE WORK! MARY IS DOWN 20 LBS, LOST 10 OVERALL INCHES, AND DECREASED HER BODY COMPOSITION BY 3 %. SHE SHOWS UP 3-4 TIMES A WEEK FOR RESISTANCE TRAINING WITH HER COACH, MONITORS HER NUTRITION, AND DRINKS PLENTY OF WATER. SHE HAS MORE ENERGY, AND LOVES HOW SOME OF HER CLOTHES ARE FITTING. HER KEY WAS FOCUSING ON PROGRESS, NOT PERFECTION.

If you've been showing up lately (even when motivation is low), that's the win. Progress loves consistency.

Want a shoutout next month? Tell the front desk your story or email us a quick note.

### Group exercise schedule (VIP)

Classes are included with VIP and are a great way to stay consistent when summer gets busy.

- Zumba
- Power Pump
- Muscle Madness
- HIIT Bootcamp
- 20/20/20
- WERQ
- FITFORCE

Ask the front desk for the June class calendar and we'll help you pick the best fit.

# T-SHIRT OF THE MONTH



## Recovery corner: Train hard, recover smarter

Recovery isn't a luxury—it's how you keep momentum. If you're feeling sore, stressed, or run down, check out our on-site recovery options in the Recovery Lounge

- Cold plunge
- Infrared sauna
- Compression therapy
- Hot/cold contrast therapy
- Salt room

Stop by and ask what's best for your goals.

Questions or ready to upgrade?

Email us at [support@theohiogym.com](mailto: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.