

The O.G. Herald

March 2025

www.theohiogym.com

🍀 **WELCOME TO YOUR LUCKY MARCH NEWSLETTER FROM THE OHIO GYM!** 🍀

🍀 **FEELING LUCKY? MARCH INTO FITNESS WITH US!**

🌈 **JOIN OUR MARCH FITNESS CHALLENGE:
POT OF GOLD CHALLENGE!**

- CHECK IN 17 TIMES DURING MARCH
- COMPLETE OUR ST. PATRICK'S DAY WORKOUT ON MARCH 17TH
- TAG US IN YOUR WORKOUT PHOTOS WITH #OHIOGYMLUCK

🏆 **PRIZE: 3 FREE MONTHS OF VIP MEMBERSHIP! (VALUE: \$105)**



🍀 **ST. PATRICK'S LUCKY 7 WORKOUT**

COMPLETE 7 REPS OF EACH EXERCISE:

1. BURPEES
2. PUSH-UPS
3. JUMPING LUNGES
4. MOUNTAIN CLIMBERS (7 EACH SIDE)
5. PLANK SHOULDER TAPS (7 EACH SIDE)
6. JUMP SQUATS
7. STAR JUMPS

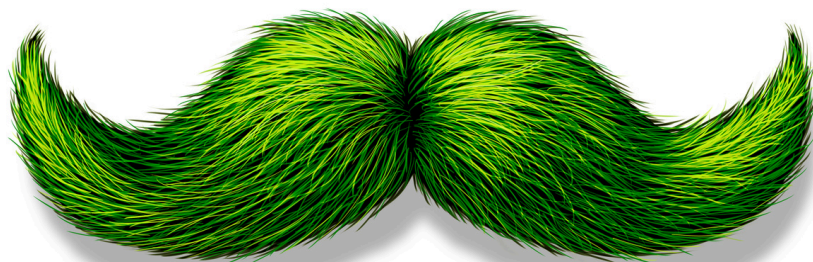
COMPLETE 3 ROUNDS FOR THE LUCK OF THE IRISH! 🍀

 **NUTRITION TIP: GREEN POWER SMOOTHIE**
CELEBRATE ST. PATRICK'S DAY THE HEALTHY WAY!
LUCKY GREEN PROTEIN SMOOTHIE RECIPE:

- 1 CUP SPINACH
- 1/2 GREEN APPLE
- 1 SCOOP VANILLA PROTEIN POWDER
- 1/2 BANANA
- 1 TBSP HONEY
- 1 CUP ALMOND MILK
- 1 TBSP CHIA SEEDS
- ICE TO BLEND



MACROS: 295 CALORIES, 24G PROTEIN, 42G CARBS, 8G HEALTHY FATS



 **LUCKY DEAL AT STATERA HEALTH & WELLNESS**

GET THE LUCK OF THE IRISH WITH OUR RECOVERY BUNDLE:

BOOK ANY 2 RECOVERY SERVICES AND GET THE 3RD FREE!

- INFRARED SAUNA
- COLD PLUNGE
- HALOTHERAPY
- COMPRESSION THERAPY
- IV INFUSION
- RED LIGHT THERAPY

 **BOOK YOUR RECOVERY SESSION TODAY AT**
440-807-8007



 **LUCKY MARCH OFFERS:**

1. PERSONAL TRAINING LUCKY DEAL: BOOK 3 SESSIONS, GET 1 FREE (\$99 VALUE)
2. READY-TO-GO MEALS: LUCKY BUNDLE - BUY 7 MEALS, GET 1 FREE
3. ENROLL A FRIEND MARCH 17TH - BOTH GET A FREE "GET LUCKY, GET FIT" T-SHIRT!

 **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: YOUR LUCKY 24/7 ACCESS CONTINUES AS NORMAL!

MAY THE LUCK OF THE IRISH BE WITH YOUR FITNESS JOURNEY! 

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.