

The O.G. Herald

November 2025

theohiogym.com



Thankful for the Weights

This November, we're reflecting on all the things that make our gym community strong—and that starts with YOU! We're thankful for the weights we lift, the goals we crush, and the incredible members who walk through our doors every day. Whether you're here for the early morning grind or the late-night pump, we're grateful to be part of your fitness journey.

This Month's Highlights

Group Exercise Class Schedule

Join us for these amazing classes throughout the week:

Monday - Friday: - Zumba - Power Pump - Muscle Madness
- Yoga - 20/20/20 - WERQ - FITFORCE

Weekend Classes: - Saturday sessions available

Check our website or front desk for specific class times!

NEW MEMBER SPECIAL - Give Thanks, Get Fit!

- VIP Membership - Special Pricing: - \$35/month with 12-month commitment (regularly \$35/month) - \$420 paid in full (save even more!)
- What's Included: 24/7 gym access, Unlimited group exercise classes, Tanning privileges, Guest pass privileges, Access to all equipment and facilities
- BONUS: Sign up in November and receive a FREE Ohio Gym t-shirt to wear with pride!
- Offer valid for new members only.

November Nutrition Tip: Fuel Your Thanksgiving Fitness

Smart Strategies for Holiday Eating:

As we approach Thanksgiving, don't let your nutrition goals take a backseat! Here's how to stay on track:

- Protein First:** Load your plate with turkey, chicken, or plant-based proteins before reaching for the carbs
- Hydrate Strategically:** Drink a full glass of water before your holiday meal to help with portion control
- The 80/20 Rule:** Eat clean 80% of the time, enjoy treats 20% of the time—one holiday meal won't derail your progress



November Exercise Tip: Gratitude Gains Workout

The Thankful Strength Circuit:

This month, we challenge you to try this full-body workout that'll have you thankful for every rep:

Warm-Up (5 minutes): - Dynamic stretching - Light cardio on any equipment

The Circuit (3 rounds): 1. Goblet Squats - 12 reps (be thankful for strong legs!) 2. Dumbbell Chest Press - 10 reps (grateful for upper body power!) 3. Bent-Over Rows - 12 reps (thankful for a strong back!) 4. Plank Hold - 30 seconds (appreciate that core strength!) 5. Walking Lunges - 10 each leg (gratitude for mobility!)

Cool Down: 5-10 minutes of stretching in our Group Exercise Room

PERSONAL TRAINING SPECIAL - Transform Your Gratitude into Results

Intro Package - Get Started Today: \$99 for 3 Personal Training Sessions (regularly \$150)

What You'll Get: - Personalized fitness assessment - Custom workout plan designed for YOUR goals - One-on-one coaching with our certified trainers - Nutrition guidance to maximize results

Ready to Level Up? - Online Coaching: \$149/month - Perfect for accountability and flexibility - In-Person Coaching: Starting at \$160/month - Maximum results with hands-on training

Special Bonus: Book your Intro Package in November and receive a FREE 30-minute nutrition consultation (\$50 value)!

We're Thankful for YOU!

This November, we want to express our deepest gratitude for choosing The Ohio Gym as your fitness home. Your dedication, energy, and community spirit make this more than just a gym—it's a family.

Know someone who'd love our community? Refer a friend and receive a FREE Ohio Gym t-shirt when they sign up!

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.