

The Ohio Gym News

May 2024

www.theohiogym.com

Gym, Sweat, Repeat - May Edition! Your Exclusive Newsletter from The Ohio Gym!

Dear Dedicated Members,

Welcome to the May edition of Gym, Sweat, Repeat! As we dive into another month of fitness and fun, we're excited to unveil a range of exclusive promotions and offerings designed to fuel your motivation and help you crush your goals. Check out what's in store for you this month:



Tank Tops Galore - 30% Off Online!

Upgrade your workout wardrobe with our stylish Tank Tops, now available at an unbeatable 30% discount when you shop online. Whether you're hitting the gym or enjoying outdoor activities, our tank tops offer both comfort and style to keep you feeling confident and motivated.



Shake and Coffee of the Month: Island Dream by Arabica Express

Sip on paradise with our Shake and Coffee of the Month, courtesy of Arabica Express - Island Dream! Indulge in the heavenly blend of vanilla and coconut flavors, guaranteed to transport you to a tropical oasis with every sip.

Available all month long to refresh and refuel your workouts.



Free Nutritional Starter Pack with Personal Training Enrollment

Ready to take your fitness journey to the next level? Enroll in our personal training program this May and receive a complimentary Nutritional Starter Pack. Fuel your body with the right nutrients and maximize your results with expert guidance from our certified trainers.

\$5

\$5 Enrollment for New Members on All Term Memberships

Join the Ohio Gym community this May and unlock exclusive benefits with our term memberships! New members can enroll for just \$5 on all term memberships, gaining access to top-notch facilities, group classes, and a supportive fitness community.

May is your month to shine brighter, push harder, and achieve greatness at The Ohio Gym! If you have any questions or need assistance, our friendly team is always here to support you on your fitness journey.

Let's make May a month of sweat, gains, and endless motivation. Together, we'll crush our goals and redefine what's possible! Keep sweating, keep striving, and keep repeating!

**Warm Regards,
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.



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.