

The O.G. News

April 2026



theohiogym.com

Spring Reset Stronger, Leaner, More Energized!

April is your month to reset the basics: move daily, fuel with intention, recover like it matters (because it does), and build momentum that lasts.

Big April Promo: The Ohio Gym Pull-Up Challenge (Beat Coach Eddie)

Think you've got what it takes to top Eddie?

How to enter

1. Record a video doing **as many pull-ups** as you can (strict form, full hang to chin over bar).
2. Post it on social media.
3. **Tag The Ohio Gym** so we can track your entry.

The twist

At the **end of the month**, we'll post Eddie's pull-up number. If you can **beat Eddie**, you win.

Prizes

Beat Eddie Grand Prize:

- FREE 1-month upgrade to our Ultimate Membership (includes Exclusive Membership + 1 personal training session per week)
- OG Shirt

****All participants receive a gift****

Bring the energy, bring the community, and let's make April fun.

Exercise Tip of the Month: The “3x3 Strength Reset”

Short on time? Do this 3 days/week for 4 weeks:

1. Squat pattern (leg press, goblet squat)
2. Push pattern (bench press, push-ups)
3. Pull pattern (rows, lat pulldown)

Do 3 sets of each, 8–12 reps, and add a little weight or a rep each week.

Bonus: Cardio that doesn't crush you
After strength, add 10 minutes:

- Incline walk
- Bike intervals (30 sec hard / 60 sec easy)
- Rower steady pace

Nutrition Tip of the Month: Build your plate (the easy way)

If you want more energy and better results without overthinking macros, use this simple template:

- Protein first: chicken, turkey, eggs, Greek yogurt, lean beef, tofu
- Color next: 2 handfuls of veggies or fruit
- Smart carbs (as needed): rice, potatoes, oats, whole grains
- Healthy fats: olive oil, avocado, nuts

Mini-challenge (7 days)

Pick one meal per day and make it “protein + color.” That's it.
Consistency beats complexity.

Recovery Feature: Contrast Therapy (Hot/Cold)

Recovery isn't a luxury—it's part of the program.

Benefits members love:

- Helps reduce muscle soreness
- Supports circulation and recovery
- Can improve sleep and stress resilience
- Great after heavy lifting, long workdays, or high-stress weeks

Want to try it? Ask about booking inside The Recovery Lounge.

The “Post-Workout Pick-Me-Up”

This month's featured grab-and-go: Arabica Express coffee + a protein-forward smoothie combo.

Why it works:

- Coffee for a clean energy boost
- Protein smoothie to support recovery and curb cravings

Ask the café team for: “The Post-Workout Pick-Me-Up.”

New Membership - Bundle Savings!!!!

Ultimate:

- 1 x per week Personal Coaching/Training
- Unlimited Recovery Sessions
- Unlimited Group Classes
- Unlimited Tanning
- Guest Privileges *restrictions apply
- 24/7 Access

Not ready to upgrade your full membership? You can still experience any of our recovery services and personal training as an add-on. Flexibility, value, and results—all on your terms.

T-SHIRT OF THE MONTH



April Community Corner

VIP members—use your guest privileges and bring someone who needs a reset. If they join, don't forget our referral perk.

April Referral

\$30 credit to The Ohio Gym for every referral. Use for retail, recovery, personal training or your membership. If your friend loves the vibe here, send them in—we'll take care of the rest.

Classes: Your built-in accountability

Unlimited classes are included with VIP. If you've been stuck in a rut, classes are the easiest way to stay consistent.

Questions or ready to upgrade?

Email us at 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

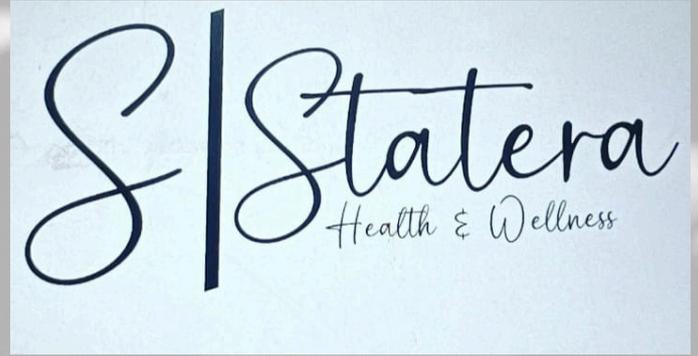
VIP Members: enjoy Your 24/7 access continues as normal!

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

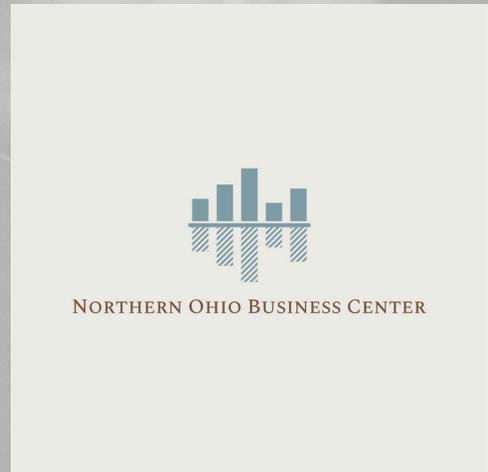
Statera Health and Wellness is a destination for those looking for recovery and enhancements, focusing on self care. We offer solutions that truly focus on healing from within. Come visit our relaxing and comfortable location and chat with experienced staff about how we can design a solution that best 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.