

# The O.G. News

March 2026



theohiogym.com

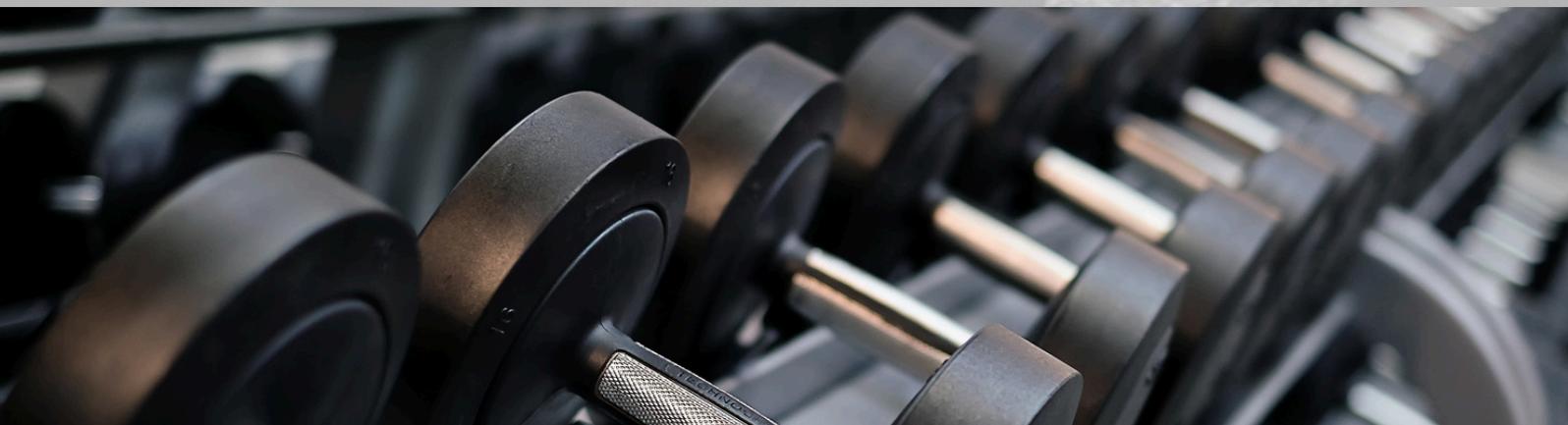
## Welcome to March at The Ohio Gym!

Hey Ohio Gym family! We're excited to kick off another month of fitness, wellness, and community. Here's what's happening at your neighborhood gym in March:

### Group Class Schedule Highlights

We're excited to announce new group classes to keep you moving, motivated, and having fun:

- **Mat Pilates:** Build core strength, flexibility, and balance.
- **Bootcamp (H.I.I.T.):** High-intensity interval training for a full-body burn.
- **Powerful Yoga Flow:** Energize your body and mind with dynamic yoga sequences.
- **Cycle:** Get your heart pumping with our invigorating cycling sessions.
- Check the schedule for class times and details—there's something for everyone!



# Recovery Lounge Special Offer

We're excited to shine a light on our Recovery Lounge this month! Not only is it packed with the latest recovery services, but it's also a spacious, inviting environment designed for relaxation and rejuvenation. Whether you're looking to unwind after a tough workout or just need a moment of calm, the lounge is your personal wellness retreat.

## What Makes Our Lounge Special:

- Ample space for stretching out and relaxing
- Comfortable seating and calming ambiance
- Clean, modern design for a premium experience
- Easy access from the gym floor

## Recovery Services & Features:

- **Halo (Salt) Room:** Supports respiratory health, reduces inflammation, and promotes relaxation.
- **Cold Plunge:** Boosts circulation, reduces muscle soreness, and aids recovery after workouts.
- **Infrared Sauna with Chromotherapy:** Detoxifies the body, relieves pain, improves skin, enhances relaxation, and uses color light therapy to support mood and well-being.
- **Hot/Cold Therapy:** Eases joint pain, accelerates muscle recovery, and improves flexibility.
- **Contrast Therapy:** Alternates hot and cold treatments to reduce inflammation, relieve pain, and maximize recovery benefits.
- **Compression Therapy:** Reduces swelling, speeds up recovery, and relieves fatigue.
- **Red Light Therapy:** Promotes healing, reduces inflammation, supports skin rejuvenation, and can improve sleep quality.

## **Shop Our Recovery Lounge Products:**

We've stocked the lounge with a curated selection of health and wellness products to support your recovery and fitness journey, including:

- Top-rated supplements and hydration drinks
- Branded Ohio Gym apparel for comfort and motivation
- Recovery creams, muscle rubs, and essential oils
- Healthy snacks and ready-to-go nutrition options

## **Unbeatable Upgrade Pricing – Don't Miss Out!**

**This March, you won't find a better deal anywhere else in the area!**

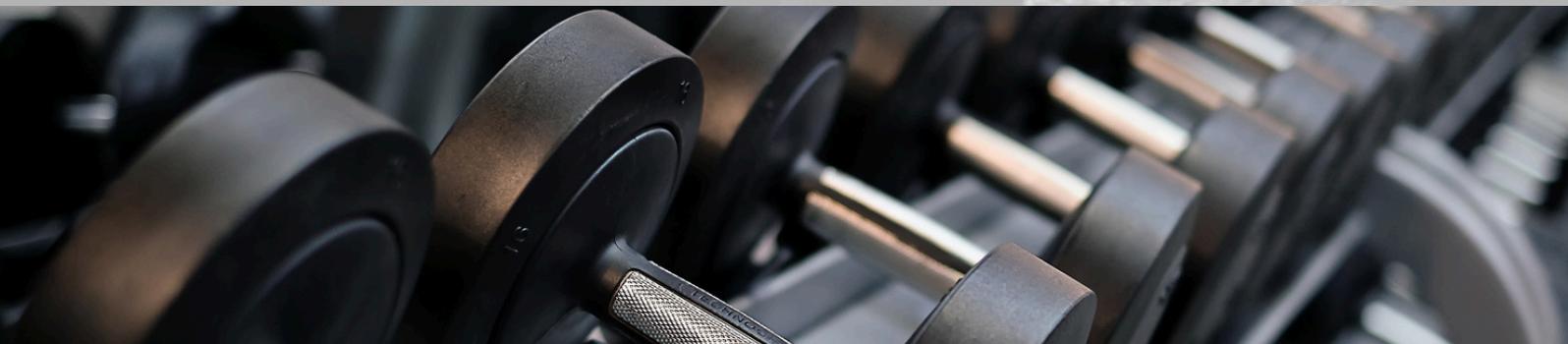
Upgrade to the Recovery Lounge Membership for just **\$100/month** (regularly \$150)—that's unlimited access to all recovery services, plus VIP 24/7 gym membership, unlimited group classes, tanning, and guest privileges.

**No other facility offers this level of value and access at this price!**

### **Bonus Perks:**

- Free Ohio Gym T-shirt when you upgrade
- Free smoothie of your choice

Not ready to upgrade your full membership? You can still experience any of our recovery services as an add-on for as little as \$15 per session. Flexibility, value, and results—all on your terms.



# T-SHIRT OF THE MONTH



## New Menu Features

We're fueling your workouts (and recovery!) with tasty new options:

- Fresh Smoothies – new flavors added
- Bucked Up Drinks – power up with our latest performance beverages
- Bowls – nutritious, delicious, and perfect for post-workout recovery

Stop by the smoothie bar to explore the new menu and let us know your favorites!

Questions or ready to upgrade?

Email us at [support@theohiogym.com](mailto:support@theohiogym.com) or stop by the front desk.

Let's make March your healthiest month yet!

Your Ohio Gym Family

## 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

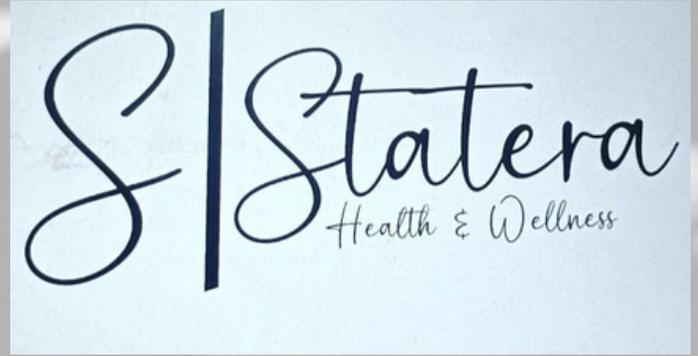
VIP MEMBERS: ENJOY YOUR 24/7 ACCESS CONTINUES AS NORMAL!

# 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**

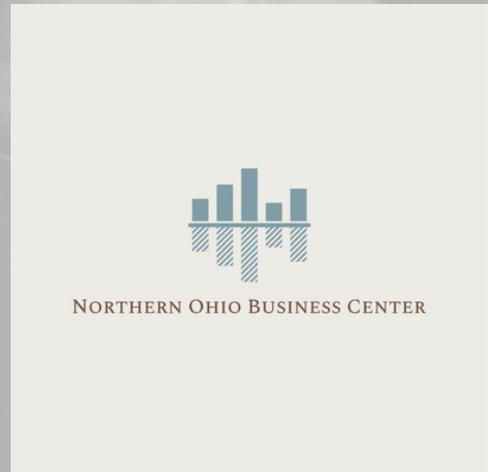
Statera Health and Wellness is a destination for those looking for recovery and enhancements, focusing on self care. We offer solutions that truly focus on healing from within. Come visit our relaxing and comfortable location and chat with experienced staff about how we can design a solution that best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