

The O.G. Herald

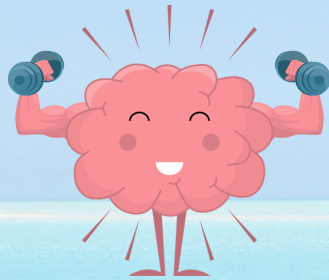
August 2025

theohiogym.com



Finish Strong, Start Stronger!

As summer winds down, it's time to kick your routine into high gear. Whether you're crushing your fitness goals or just getting started, August is your month to finish strong and build momentum into fall!



Exercise Tip of the Month:

“Add Supersets to Maximize Results.”

Pair exercises (e.g., chest press + bent-over row) with no rest in between. It saves time, increases intensity, and boosts fat burn. Try adding supersets to your workouts 2-3x a week!



Nutritional Tip of the Month:

“Hydrate with Purpose.”

Summer heat can leave you drained—aim for 8-10 cups of water daily. Add electrolytes or fresh fruit slices like lemon and cucumber to support recovery and metabolism.

AUGUST CHALLENGE: “THE STRONG FINISH CHALLENGE”

This month, challenge yourself to finish summer stronger than you started. It’s simple. It’s personal. It’s powerful.

Your Mission (if you choose to accept):

1. Work out 15 times this month
2. Whether it’s lifting, cardio, group classes, or recovery — just show up and move!
3. Drink 100 oz. of water daily for 10 days
4. Hydration fuels your progress.
5. Eat a protein-based breakfast 4 days a week
6. Start strong, finish strong.
7. Write 3 fitness goals you want to hit by September 1st
8. Tape them to your mirror or log them in your phone.
9. Invite 1 friend to work out with you this month
10. Share the grind. Share the growth.



Set
Goals

New Membership Offer:

Join this month and get 33% off Enrollment Fees
— PLUS a free body composition scan and OG t-shirt.

Renewal Offer:

Renew this month and receive 1 free month AND a free recovery session at Statera Health & Wellness!

Retail Deal:

Buy 1 Get 33% off on all OG apparel when you shop online. Stock up while it lasts!


Personal Training Offer:

Get 3 Personal Training Sessions for only \$99 (save over \$50)! Perfect for accountability, results, and fine-tuning your program.

 **YOU'RE INVITED: CELEBRATE WITH US!**

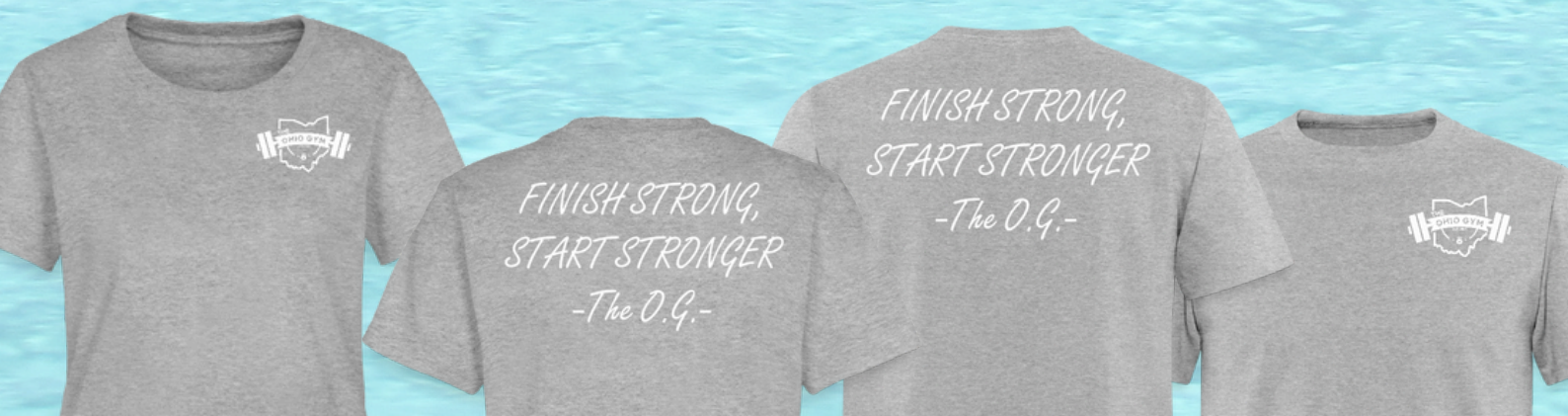
 **Come celebrate David Andras' Birthday!**

 **Moosehead BBQ Grill – Amherst**

 **Tuesday, August 13th |  5pm - 8pm**

Enjoy 10% OFF your meal as a thank you for being part of The Ohio Gym family. Come hang out, grab great food, and celebrate with us!

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!

**LET'S MAKE AUGUST ONE FOR THE BOOKS.
TRAIN HARD, FUEL SMART, AND REMEMBER—
WE DON'T JUST FINISH STRONG... WE START
STRONGER.**

– 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.



MOOSEHEAD BBQ GRILL

Moosehead BBQ Grill combines the feel of a great Southern Smokehouse with the flair of an American craft kitchen. Our menu features smokehouse favorites like our flame-grilled ribs and steaks and house-smoked brisket, sausage, chicken and pork. Our Chef-driven menu also features a mix of pastas, seafood, award-winning sauces, homemade southern cornbread, and appetizers that are sure to set us apart from the crowd!



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.