

The O.G. Herald

November 2024

www.theohiogym.com

🐔 **HEY OHIO GYM FAM!** 🐔

NOVEMBER IS HERE, WHICH MEANS IT'S TIME FOR GRATITUDE, GOOD FOOD, AND GEARING UP FOR THE HOLIDAY SEASON. WE'VE GOT SOME FANTASTIC UPDATES, TIPS TO STAY ON TRACK, AND EVENTS TO HELP YOU ENJOY THE MONTH TO THE FULLEST— WITHOUT SACRIFICING YOUR FITNESS GOALS!



Thankful

🍁 **SPECIAL HOLIDAY CLASSES**

ENJOY SOME FESTIVE FITNESS FUN WITH OUR HOLIDAY-THEMED CLASSES! BRING A FRIEND, FAMILY MEMBER, OR LOVED ONE ALONG TO SWEAT, SMILE, AND BURN TOGETHER.

PILGRIM POWER PUMP: NOVEMBER 14TH AT 9:30 AM

FITFORCE GRATITUDE: NOVEMBER 23ST AT 9:30 AM

THANKSGIVING BURN BOOTCAMP: NOVEMBER 29TH AT 10 AM

🍂 **NOVEMBER NUTRITION TIP: FEAST WITH A PLAN**

HOLIDAY FEASTS DON'T HAVE TO DERAIL YOUR PROGRESS. START YOUR DAY WITH A HIGH-PROTEIN BREAKFAST TO KEEP YOU FULL LONGER AND PREVENT OVERINDULGING. A SMALL PRE-MEAL WORKOUT CAN ALSO HELP KEEP YOUR METABOLISM BOOSTED. WHEN IT'S TIME TO SIT DOWN, START WITH VEGGIES AND PROTEIN, AND ENJOY TREATS IN MODERATION. AND HEY, DON'T STRESS TOO MUCH! IT'S ALL ABOUT BALANCE.

 **NOVEMBER EXERCISE TIP: GET EXTRA WITH THE "THANKSGIVING TRISET"**

THIS MONTH, AMP UP YOUR ROUTINE WITH TRISET WORKOUTS—THREE EXERCISES DONE BACK-TO-BACK WITH NO REST IN BETWEEN. THESE ARE FANTASTIC FOR RAMPING UP INTENSITY AND BURNING EXTRA CALORIES. TRY THE "THANKSGIVING TRISET" OF GOBLET SQUATS, PUSH-UPS, AND ROWS FOR A FULL-BODY BLAST. YOU'LL FEEL STRONGER AND HAVE ROOM FOR THAT EXTRA HELPING AT DINNER!



 **NOVEMBER SPECIALS: HOODIE SALE & PERSONAL TRAINING DEAL!**

AS THE TEMPERATURES DROP, WE'RE KEEPING THINGS COZY AND HELPING YOU STAY ON TRACK WITH THESE LIMITED-TIME OFFERS!

 **30% OFF HOODIES AND SWEATSHIRTS!**

GET READY FOR SWEATER WEATHER WITH OUR COZY OHIO GYM HOODIES AND SWEATSHIRTS—NOW 30% OFF FOR THE ENTIRE MONTH OF NOVEMBER! SWING BY THE FRONT DESK TO CHECK OUT THE STYLES AND SIZES. STOCK UP BEFORE THEY'RE GONE!



 **10 PERSONAL TRAINING SESSIONS FOR \$300**

READY TO LEVEL UP YOUR FITNESS JOURNEY? THIS MONTH ONLY, YOU CAN GET 10 PERSONAL TRAINING SESSIONS FOR JUST \$300 (NORMALLY \$400)! WHETHER YOU'RE LOOKING TO START STRONG OR STAY FOCUSED THROUGH THE HOLIDAY SEASON, OUR TRAINERS ARE HERE TO GUIDE AND MOTIVATE YOU.

**HERE'S TO A NOVEMBER FULL OF GRATITUDE, GAINS,
AND A LITTLE BIT OF GRAVY!
WITH GRATITUDE,
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.