

# The O.G. Herald

October 2024

www.theohiogym.com

## **HELLO, OHIO GYM FAM!**

THE LEAVES ARE FALLING, AND WE'RE LEANING INTO SPOOKY SEASON WITH SOME EXCITING EVENTS AND UPDATES TO KEEP YOU MOTIVATED AND FEELING YOUR BEST. GRAB YOUR PUMPKIN SPICE LATTES AND READ ON FOR ALL THE OCTOBER FUN!

### **OCTOBER CHALLENGE: TRICK OR TRIM!**

READY TO WORK OFF THOSE CANDY CRAVINGS? JOIN OUR TRICK OR TRIM FITNESS CHALLENGE THIS MONTH! COMPLETE A TOTAL OF 10 WORKOUTS BY THE END OF OCTOBER, AND YOU'LL BE ENTERED TO WIN A FREE MASSAGE AT STATERA HEALTH & WELLNESS! LET'S MAKE SURE THOSE TREATS DON'T LEAVE ANY TRICKS ON YOUR FITNESS GOALS!

HOW TO PARTICIPATE:

CHECK IN AT THE GYM 10 TIMES THIS MONTH.

POST A PICTURE OF YOUR PROGRESS ON INSTAGRAM WITH  
#OHIOGYMTRICKORTRIM

EACH CHECK-IN COUNTS AS AN ENTRY FOR THE MASSAGE RAFFLE!



### **SPOOKY STRONG CLASSES: HALLOWEEN EDITION**

WE'RE ADDING A LITTLE HALLOWEEN FLAVOR TO OUR GROUP CLASSES WITH COSTUME-FRIENDLY WORKOUTS! WEAR YOUR COSTUMES AND BRING YOUR FRIENDS FOR THESE FRIGHTENINGLY FUN SESSIONS. BEST COSTUME EACH CLASS WINS A FREE OHIO GYM SWAG BAG!

- PUMPKIN POWER PUMP: OCTOBER 28TH AT 10:30 AM
- MONSTER MASH MUSCLE MADNESS: OCTOBER 29TH AT 5:30 PM
- WITCHY ZUMBA: OCTOBER 30TH AT 9:30 AM



## 👁️ **OCTOBER SPECIALS FOR NEW MEMBERS**

GOT FRIENDS OR FAMILY THINKING ABOUT JOINING? OCTOBER IS THE MONTH TO BRING THEM IN! REFER A NEW MEMBER THIS MONTH, AND YOU'LL RECEIVE \$25 OFF YOUR NEXT MONTH'S MEMBERSHIP, PLUS A FREE PERSONAL TRAINING SESSION. THERE'S NO BETTER TIME TO EXPAND OUR OHIO GYM FAMILY!

## 💪 **FALL PERSONAL TRAINING SPECIALS**

NEED A LITTLE EXTRA PUSH HEADING INTO THE HOLIDAYS? OUR PERSONAL TRAINERS ARE OFFERING \$50 OFF ANY 5-SESSION PACKAGES BOOKED BEFORE OCTOBER 31ST. THIS IS A LIMITED-TIME OFFER TO HELP YOU STAY ON TRACK, SO ACT FAST!



## 🍂 **OCTOBER NUTRITION TIP: PUMPKIN POWER!**

PUMPKIN ISN'T JUST FOR DECORATING OR SPICING UP YOUR LATTES—IT'S ALSO PACKED WITH NUTRIENTS!

RICH IN FIBER AND VITAMINS A AND C, PUMPKIN IS A FANTASTIC INGREDIENT TO INCORPORATE INTO YOUR MEALS THIS SEASON. TRY ADDING PUMPKIN PUREE TO YOUR MORNING OATMEAL, SMOOTHIES, OR EVEN PANCAKES FOR A NUTRIENT-DENSE FALL BOOST! PLUS, ITS FIBER HELPS KEEP YOU FEELING FULL LONGER, MAKING IT EASIER TO STICK TO YOUR FITNESS GOALS.

## 🧛 **OCTOBER EXERCISE TIP: KEEP IT SPOOKY WITH SUPERSETS!**

THIS OCTOBER, SPICE UP YOUR WORKOUT ROUTINE WITH SUPERSETS—WHERE YOU PERFORM TWO EXERCISES BACK-TO-BACK WITHOUT REST. SUPERSETS INCREASE INTENSITY, HELP BURN MORE CALORIES IN LESS TIME, AND GIVE YOUR METABOLISM A SPOOKY BOOST! TRY PAIRING SQUATS WITH LUNGES OR PUSH-UPS WITH PLANKS TO CHALLENGE YOURSELF AND KEEP THINGS FRESH. BONUS: ADD A HALLOWEEN TWIST BY NAMING YOUR SUPERSETS AFTER SPOOKY CREATURES LIKE THE "WEREWOLF LUNGE" OR "FRANKENSTEIN SQUAT!" 🧛



**📺 WATCH US ON YOUTUBE: NEW DISCUSSIONS WITH DAVE, MIKE, & SPECIAL GUESTS!**

EXCITING NEWS! OUR YOUTUBE CHANNEL IS BUZZING WITH FRESH CONTENT THIS OCTOBER. TUNE IN TO CATCH DAVE AND MIKE IN ACTION, DISCUSSING EVERYTHING FROM WORKOUT TIPS TO NUTRITION HACKS, ALONG WITH EXCLUSIVE INTERVIEWS WITH SPECIAL GUESTS. WHETHER YOU'RE LOOKING FOR FITNESS MOTIVATION, EXPERT ADVICE, OR JUST SOME GYM BANTER, WE'VE GOT YOU COVERED. DON'T FORGET TO LIKE, SUBSCRIBE, AND HIT THE BELL ICON SO YOU NEVER MISS A NEW VIDEO! CHECK IT OUT: [THE OHIO GYM YOUTUBE CHANNEL](#)

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**LET'S HAVE A STRONG, SPOOKY, AND SENSATIONAL OCTOBER TOGETHER! 🦇👟**

**STAY SPOOKY AND STRONG, 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.