



**NEW & NOTEWORTHY HAPPENINGS IN  
OUR VILLAGE**



LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STREETSBORO CITY PARK	STROLLER STRIDES 9:30 AM		STROLLER STRIDES 9:30 AM			
GLENMEADOW PARK TWINSBURG					STRIDES 360 9:30 AM	BODY BOOST 8:00 AM
HUDSON MONTESSORI SCHOOL	STROLLER STRIDES 6:00 PM	BODY BOOST 7:00 PM				
VIRTUAL		BODY BOOST 7:00 PM				BODY BOOST 8:00 AM

Please Note:

There will be no classes on Monday, July 4th.

## Upcoming Programs



### Run Club+ Mini Session

July 10th - August 7th

Join us for a Run Club+ 4-week mini session as we train for the Twinsburg Twins Day 5K!

Our Run Club+ program welcomes moms of all stages...whether you are a seasoned runner or taking your first

steps. Run Club is a great way to get outdoors, improve your health and fitness, and connect with other families. Whether you're training for a specific running goal or simply want the support and structure of a run-training program, we provide at-home and in-person opportunities to train, learn, and improve.

Your purchase includes an 8 class pass, valid for four weeks, and good for two classes a week, including Body Boost, Strides 360 and Stroller Strides.

The session begins July 10th. Race Day is August 7th. Race registration is not included and must be purchased separately.

Run Club+ Mini Session

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## Events & Happenings

### Streetsboro Fire Department Field Trip

Wednesday, July 6 11:00am

Join us for a field trip to the Fire Station! Get an up-close look at all of the gear and the trucks! We'll meet at the fire station after a special fire-themed Stroller Strides!



Fire Department Field Trip



### Couples BINGO Night

North Water Brewing

Wednesday, July 13 6:30pm

The ladies have had so much fun playing Bingo, and we know the men have been waiting for their invite! Here

it is! Come alone or bring your spouse for a fun, fast-paced night of bingo!

Please bring a munchie to share with the table. Bingo is free to play, but donations are always appreciated (and given to a local charity!) Bingo starts at 7, but feel free to come earlier to save your seat. The theme this evening is "USA"- dress up if you'd like!

## ❑ Ice Cream Social ❑ Friday

July 15th, 10:30 am  
Glenmeadow Park

Let's celebrate National Ice Cream Day! Join us after our Strides 360 workout for an Ice Cream Social! Ice cream and bowls/spoons will be provided, please bring your favorite topping to share!



Ice Cream Social



## ❑ Teddy Bear Picnic Class and Play Date ❑

Monday, July 18 10:30 am  
Streetsboro City Park

❑ "If you go down in the woods today, you're sure of a big surprise  
If you go down in the woods today, you'd better go in disguise  
For every bear that ever there was  
Will gather there for certain because  
Today's the day the teddy bears have their picnic" ❑

Join us for a super special Teddy Bear themed class and picnic play date!

Please bring something to share for our picnic- fruit, cheese and crackers, a sweet treat, etc. Don't forget your picnic blanket and your teddy bear! ❑

Teddy Bear Picnic



## Fun at First and Main

Tuesday, July 19, 10:00 am

Meet up with other moms from our Village at this fun, FREE event in Hudson!



## Dad-urday

Saturday, July 23 9:30 am

Glen Meadow Park

Stroller Strides isn't just for Mom today! Grab your spouse (or a partner) and join us for a

family class complete with lots of competitive fun!

Dad-urday is FREE for everyone! Meet us on the basketball courts!

Dad-urday

## Pinecrest Play Dates

Tuesday, July 26

11:00 am

Meet up with other FIT4MOM mamas and kiddos for this fun, free event! More details at the link below.



## Moms Night Out Bonfire

July 28th, 7:00 Amy's House



Join us for our July Moms Night Out! All the fixings for s'mores will be provided. Please bring a snack to share along with your favorite beverage. Bring a camp chair and whatever you'll need to stay warm when the sun goes down!

FIND A CLASS

FIT4MOM Hudson, Twinsburg, Streetsboro  
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