



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



We can't wait to see you IN-PERSON!

Starting Monday, February 7th, we're returning to in-person classes! ☐ Join us
for a sweat sesh! ☐



FIRST CLASS IS ALWAYS FREE!

	MON	TUES	WED	THURS	FRI	SAT
The Chapel at Tinkers Creek	9:30 AM Stroller Strides		9:30 AM Stroller Strides		9:30 AM Strides 360	
Hudson Montessori School	6:00 PM Stroller Strides	7:00 PM Body Boost				
Virtual Schedule		7:00 PM Body Boost	7:00 PM Strides 360	6:00 PM Stroller Strides (Beachwood/ Shaker Hts)		8:00 AM Body Boost

Please Note:

January 31- February 5th will remain virtual.

NO EVENING BODY BOOST Tuesday, February 1st.

NO EVENING STRIDES 360 on Wednesday, February 2nd.

NO MORNING STRIDES 360 on Friday, February 4th.

Friday, Feb. 11 will be Stroller Strides

Events & Happenings

☐ **FREE**
Stroller Strides
Open House☐



Friday, Feb. 11 9:30 am

The Chapel at Tinkers Creek

Interested in trying a class but just haven't gotten around to it? Afraid you'll be the only 'new' mom in class? Have no fear, our Open House is here!

Join other new-to-FIT4MOM moms as well as seasoned mamas for a special Stroller Strides class. Stay after for conversation, coffee, and playtime for the littles. Come see what our FIT4MOM Hudson, Twinsburg, Streetsboro Village is all about! This class is FREE for everyone!

Stroller Strides Open House



♥ Valentine's Party ♥

Febuary 14th 10:30 am
and 7pm

Join us after our Monday Stroller Strides classes. Our littles will decorate their own Valentine's bag and exchange valentines! Stick around after our 9:30 am (The Chapel at Tinkers Creek) or our 6:00 pm (Hudson Montessori School) Stroller Strides classes.

Mom's Night Out Holiday Exchange and Dinner ☐

February 17, 6:30 pm

Oak and Embers



It may be a few months late, but we're so excited to FINALLY celebrate together! Gather with all of your favorite ladies for dinner, conversation, and a holiday favorite! If you choose to participate in our 'gift exchange' game, please bring FIVE wrapped \$1 gifts. Think nail files, a pack of gum, snacks, even toilet paper! You might not go home with five gifts, but you're guaranteed to have a fun time!



☐ FREE
Body Boost Open
House ☐
Feb. 22, 7:00pm
Hudson Montessori School

In need of some "mom time"? Aren't we all?! Join the ladies of FIT4MOM HTS for an adult only evening. Try out a Body Boost class, A HIIT workout combining cardio, strength and core and ending with meditation. It's guaranteed to leave you feeling refreshed, energized and STRONG ☐ This class is FREE for everyone!

Come hang out with us after our sweat session at Don Patron in Hudson.

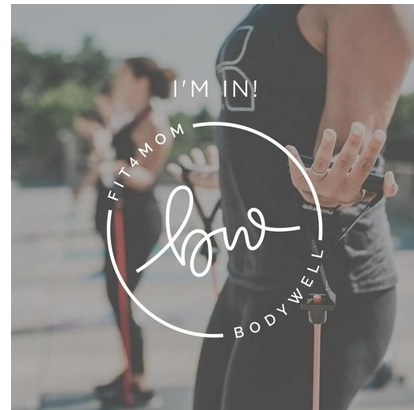
Body Boost Free Preview

Body Well Spring 2022

Have you heard the news? Body Well is back! Our spring session is kicking off on March 1st.

Body Well isn't about a number on a scale.

It's about working to become the best version of you with a community of mamas to cheer you on every step of the way. It's about being comfortable in your own skin and celebrating the daily wins that will help you become a better version of yourself. It's about pushing yourself while never feeling alone, and realizing YOU. ARE. UNSTOPPABLE. Our next Body Well session will be kicking off on March 1st!



You'll get...

- ☐ Accountability
- ☐ Community
- ☐ 2 HIIT workouts per week
- ☐ Nutritional Guidance

☐ Small Group Support
☐ Family Friendly Recipes
and SO MUCH FUN!

Whether you're looking for nutritional support, workout accountability, community encouragement, or just some dedicated time for YOU, Body Well offers it all!

For the first time ever, you can get the ENTIRE BODY WELL PROGRAM (including all 16 Body Boost classes) for LESS than the cost of 16 Body Boost classes using a 10-class pass! It's a deal too good to miss out on!

The first 8 mamas to reserve their spots will save an EXTRA \$20 using code 20OFFBW2022!

Dates: March 1- April 23

Time: Body Boost Classes Tuesdays @ 7pm, Saturdays @ 8am

Location: Tuesday- Virtual and Hudson Montessori School

Saturday- Virtual and as weather permits, Glen Meadow Park Twinsburg

Body Well Spring 2022

Mama of the Month

Meet Alyssa, our February Mama of the Month

How did you meet your husband?

We met at Longhorn Steakhouse. We both served there during our time at college. Crazy thing is we went to the same (small) college but had never seen each other.. even had some mutual friends



Where are you originally from? Macedonia aka MAC Town

Tell us about your current or previous career. Prior to becoming a stay at

home mom, I was a New Home Sales Consultant for Pulte Homes

What's on your Bucket List? Spend a month in New Zealand

If your nickname was your pregnancy craving(s), what would it be?

I craved so many chicken Cesar salads and everything bagels!!!

Where is your favorite place to travel? Charleston South Carolina

What is your favorite hobby? Cooking, playing sports

What does motherhood mean to you? Whew, loaded question and hard to answer briefly. If I had to say, what means the most to me is raising my kids to love God and in the process for me to grow and be more like Christ.

How did you find FIT4MOM? What classes do you currently attend and why do you love them? A friend of mine told me about FIT4MOM about 3 years ago! I currently attend stroller strides but would like to branch out and try some other classes. I love stroller strides because it gets us up and out of the house early plus it holds me accountable to exercise 3x a week!

How has FIT4MOM changed your life? FIT4MOM has given me so much! Confidence in my postpartum body as I finish each workout. Also, it brought me out of deep loneliness by giving me a community of amazing women who are all in the same stage of life as I am.

What is your proudest moment as a mom? Seeing my kids smile and thrive each day

What's one thing you would go back and tell yourself as a new mom?

Relax and try to enjoy each moment, good or bad. Don't add pressure to a role you'll never be perfect at. There is no such thing as a perfect mom. Your kids want a present mom not a "perfect" mom.

Questions for kiddos:

How old is Mommy? 3

What's something Mommy always says? Daddy

What is mom really good at? Exercising

What's mom's favorite thing to do? Play with me

What makes you proud of your mom? Azzie

Alyssa, we are so happy to have you as part of our Village, and can't wait to watch you continue to crush your goals!

FIND A CLASS

FIT4MOM Hudson, Twinsburg, Streetsboro
Amy Hoover amyhoover@fit4mom.com

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

2067 Summers Ave
Streetsboro, OH | 44241 US

This email was sent to .

To continue receiving our emails, add us to your address book.

emma®