



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



HUDSON
TWINSBURG
SOLON

MARCH NEWSLETTER

**mamahood
sisterhood**

FIT4MOM

Events & Happenings

March Playdates

Free playgroups are available weekly after Stroller Strides classes

Monday Mar 2, 10:30am (after class) - [Learning Ladder Gymnastics](#)

Wednesday Mar 11 and Thursday Mar 12, 10:30am and 7:00pm (after class) - [Book Swap](#)

Thursday Mar 12, 9:45am-
[Twinsburg Library Story Time](#)

Monday Mar 16, 10:30am and 7pm (after class) - [St. Patrick's Day Edible Necklace Craft](#)

Thursday Mar 26 and Friday Mar 27, 10:30am and 7:00pm (after class)- [Pop-up Tunnels & Tents Playdate](#)

March Mom's Night Out

Wednesday March 18, 7:00pm - Sips & Succulents, Sisily's House

Visit our [Facebook page](#) or email juliebutt@fit4mom.com for more details



Body Back® Tranformation

FREE Preview Class

Body Back® Transformation is an 8-week result based journey. You will focus on your mind and body improving your overall health and well-being. The experience includes two high-intensity interval workouts (HIIT) per week designed to challenge, empower, and recharge you. The program also includes nutrition guidance, supplemental online workouts, accountability, pre and post fitness assessments and support.



This journey will reconnect you to your inner strength and encourage you to believe in personal transformation.

Join us for a **FREE Body Back® Preview Class**

Including FREE giveaways and a sample from our Recipe Book!

Tuesday March 3, 6:30-8pm

[REGISTER HERE](#)



Spring Body Back® Session Starts March 17

TWO Class times:

Tuesdays 7-8pm & Saturdays 8-9am

Tuesdays 6-7pm & Saturdays 9-10am

Cleveland Clinic Twinsburg Family Health & Surgery Center: 8701 Darrow Rd

Early Bird Pricing of \$249 ends March 3rd!

Click link below or email juliebutt@fit4mom.com to register.

[ENROLL NOW](#)

Run Club+

FREE Open House

Take your running to the next level with our 8 week guided training program for ALL levels. Whether you're training for a specific running goal (5K, 10K, or a half marathon) or simply want the support and structure of a run-training program, we provide at-home opportunities to train, learn, and connect!



Run Club+ is an 8-week training program which includes:

- Tips for Getting Started
- Detailed Training Plans
- Nutrition Tips for fueling during training
- Access to Exclusive Facebook Accountability Group
- Weekly Run Club Group Training Sessions (You can come alone or bring your kiddos in a stroller!)
- Support and progress check-ins from your Run Club Coach
- OPTIONAL Add-on Body Back 4-class pass (\$60) for cross training (email juliebutt@fit4mom.com to purchase)

You'll cap off the 8 weeks by completing a local race with your coach and other Run Club mamas by your side, followed by a finish line celebration to commend your accomplishments!

Join us for a FREE Run Club+ Open House

Including FREE giveaways

FREE sports bra and running shoe fittings by Vertical Runner

Wednesday March 4, 7-8pm

REGISTER HERE



Spring Run Club+ Session Starts March 18

Group training sessions, Wednesdays 6-7pm at E. Idlewood Park

Final Race is Cleveland 5K/10K on Sat May 16

Race registration fee NOT included in price

Click link below or email juliebutt@fit4mom.com to register.

ENROLL NOW

Learning Ladder Gymnastics

This month, we are partnering with [Learning Ladder Gymnastics](#) to bring her mobile gymnastics class to Stroller Strides for a fun playdate!

Learning Ladder Gymnastics is a mobile gymnastics business that offers gymnastics classes and events to children ages six and under. They believe that learning can be fun through physical activity.

Learning Ladder's program builds a solid foundation for gymnastics while better preparing preschool-age children for kindergarten and life in general. Their lesson plans focus on age and developmentally appropriate gross and fine motor, social, language, and cognitive skills all within a safe, nurturing, and fun environment. Your child will leap and learn to reach new heights at Learning



Ladder Gymnastics.

Join us on **Monday, March 2 at 9:30am** for a Stroller Strides class followed by a Learning Ladder Gymnastics class with Jen!

REGISTER NOW

Healthy Kids Running Series

We are so thrilled to continue our sponsorship of our local Twinsburg Healthy Kids Running Series for the Spring session.

Healthy Kids Running Series is a national, community-based non-profit that provides a fun, inclusive, five-week running series for ages 2-14 designed to get kids active, build self-esteem and lay the foundation for a healthy lifestyle.



Registration is now open for the 2020 Spring series! The Spring session runs from Sunday, April 5 - May 10 starting at 4pm at Liberty Park in Twinsburg. Each participant receives a t-shirt and a medal and earns points each week toward 1st place to 3rd place trophies. Register your kiddo [HERE](#).

Discounted pricing until March 15



Mama of the Month

Meet Maryn Nevin, our March Mom of the Month! In this series we feature a mom in our Village each month.

Tell us about your family:

I met my husband in 2011 when we were freshman at Case Western Reserve University. We got married in 2016 and had our daughter, Ellarose, in 2018. Now I'm 37 weeks along with our second child - should be coming any day now! We live in Aurora with our dog - Cora and our 2 cats - Simba and Nala.



Hometown:

I grew up in a small town called Goshen, Indiana - RV manufacturing capital of the world and about 45 minutes east of South Bend (aka home of Mayor Pete and Notre Dame).

Current/previous career:

I work full time for a global consulting company called Accenture. I started as a technology transformation consultant and recently transitioned into a role where I work from home managing transformation projects for our internal HR organization.

What does motherhood mean to you?

Motherhood is a contradiction. It's feeling completely in love with a small human while also being so mad that they just dumped your coffee all over the carpet. It's being perfectly content in the role of mom while also feeling nostalgia for the freedom I had before. I love the song "The Mother" by Brandi Carlile - I feel like she perfectly describes motherhood and I cry every time I hear it.

How did you find FIT4MOM?

I learned about FIT4MOM from Charlotte! We met randomly in line to pick up our farmshare bags - she had Charlie with her and I had Ellarose. She told me about this great exercise group of moms she was a part of and the rest is history!

What classes do you currently attend and why do you love them?

I attend the evening Stroller Strides classes Mondays and Thursdays. I love that they fit into my schedule even while working full time and I love being able to bring Ellarose. It's more time I get to spend with her during the day and I'm proud to model healthy behaviors and teach her that taking care of our bodies can be fun!

How has FIT4MOM changed your life?

Before finding FIT4MOM, I was really missing a sense of community and hadn't found a way of working exercise into my new routine. Now I have both and it's amazing!

Favorite exercise:

I like anything that works arms.

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

Stop stressing. You will eventually get more than 4 hours of sleep and feel "normal" again.

Proudest Moment:

A few weeks ago, I gave Ellarose a cookie and she split it in half, handed me one piece

and said “there you go mommy, I love you”. I cried inside a bit while I ate that cookie because of how generous and sweet that was coming from a two year old.

Questions for kiddos: Ellarose - 2 years old

How old is Mommy? Daddy

What’s something Mommy always says? Daddy

What is mom really good at? Daddy

What’s mom’s favorite thing to do? Daddy

What makes you proud of your mom? Daddy

We are so happy to have you as a part of our Village and can’t wait to see you continue to crush your goals

Body Back: How I found fitness, self-confidence, and healing

Written by Caitlin Lagnese

My name is Caitlin Lagnese, and I am wife to Mike and mother to Josie (6) and Matthew (3). I joined the FIT4MOM Hudson, Twinsburg & Solon community in the fall of 2019; it was nothing short of fate. For years prior I was secretly dealing with depression and PTSD stemming from a sexual assault. After two years of therapy and medical treatment, my therapist, pleased with my progress, suggested it was time to focus on incorporating fitness into my life. Oddly enough, one week later I met Emma Kennell (FIT4MOM HTS Body Back coach) while shopping with a friend at her store, Carnaby Street Style. While



we were checking out, I was talking about how I wanted to get into shape but needed accountability. Well, low and behold, Emma told me about Body Back. At first I laughed, thinking there was no way I could do 50 minutes of HIIT; however, as the days went by I kept thinking back to my conversation with Emma. I took a total leap of faith and did the unthinkable - I signed up for the Fall 8-week session of Body Back. I can still see the look of disbelief on my hubby’s face.

I was very reserved and unsure during the first few classes; however, it didn’t take long for me to fall absolutely in love with Body Back and all of the mamas in it. Suddenly I enjoyed working out and realized that not only Body Back, but the entire FIT4MOM HTS crew was destined to be a part of my journey!

I just finished my second session of Body Back, and I'm looking forward to the Spring session! I'm taking a few Stroller Strides classes, which are a total blast. I have also decided to really challenge myself by joining FIT4MOM HTS's Run Club+, training for the Akron Half Marathon. This is all coming from the girl who hated working out, loathed sweating and if I'm being really honest, had so much shame surrounding her body that

she didn't think she would ever gain back her self confidence. Everyone in this village has made me feel welcomed and loved. I can't express my gratitude enough.

Emma has been unbelievably patient working with me while pushing me out of my comfort zone. Body Back is so much more than a workout; it is a safe place to learn, heal, grow, and, of course, sweat. I thought I was "cured" once my emotional wounds had closed, but I came to learn that I needed to heal physically as well - I needed to get my body back (pun intended)! Thanks to these amazing ladies I am empowered through fitness and friendship, becoming a better mom, wife, and person each day.



Want to join our Village? Your first class is always free!

[LEARN MORE](#)

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