



**NEW & NOTEWORTHY HAPPENINGS IN  
OUR VILLAGE**



We are so excited to be moving OUTDOORS!  
Check out our schedule and our NEW location-  
Streetsboro City Park!

In the event of poor weather, morning classes will be virtual. Please enroll online for your classes so that you can be notified of any changes.

Please Note: There will be no class evening 360 class on Wednesday, May 11. There will be no classes on Memorial Day, May 30th.

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	STRIDES 360 7:00 PM			BODY BOOST 8:00 AM

## Events & Happenings

### Mother's Day Fingerprint Painting and Face Painting

Friday, May 6

10:30

Glenmeadow Park



Stay after class for the kiddos to make a special Mother's Day craft! AND Ruth will be here to paint faces!

Fingerprint Painting

BINGO Night



## Moms Night Out

North Water Brewing

Wednesday, May 11 6:30 pm

Get your dabbers ready and join us for some bingo! It's free to play, but donations are always appreciated (and given back to the community). Bring a muchie to share and feel free to dress for the theme- Hawaiian! Bingo starts at 7, but come early to get a seat- it gets busy quickly!

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## Parachute Play Date

Friday, May 20

10:30 am

Glenmeadow Park

Join us after class for a childhood favorite- the parachute!



FREE

Month of Mama Mash

Up Class

Monday, May 23

9:30 am (Streetsboro City Park)

6:00pm (Hudson Montessori)

Join us as we celebrate Mother's Day with for our favorite FREE  
mashup class!

This workout will be an exciting mashup of each of our stroller workouts — Stroller Strides, Strides 360, and Body Boost! It is a perfect way to get a sampling of everything we offer in one class! Following the workout, we'll have a fun craft for the kiddos and time for mamas to mingle!

If you've been considering trying out a class, this is the perfect way to do it! Grab a friend and let's STRIDE!

Month of Mama Mash Up Class

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Fun at First and Main

Superheroes and Princesses! Oh My!

May 24th, 10-12

Meet up with other moms from our Village at this fun, FREE event in Hudson! More information can be found at the link below.



Fun at First and Main

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Moms (and kids) Who  
Brunch

Thursday, May 26

Our warm weather favorite is back! Pack up the kiddos and join us at Ruth's house for brunch!

Please bring a dish to share.

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# Pinecrest Play Dates

Tuesday May 31

11:00 am

Meet up with other FIT4MOM mamas and kiddos for this fun, free event!



Pinecrest Play Dates

## Mama of the Month

*Meet Laura, our May Mama of the Month*

### **Tell us about your family:**

There's me, my husband Kyle, and our two daughters. Violet is 7 1/2, and Luna is 22 months.

### **How did you meet your husband?**

We worked for the same Board of Education in Japan.

### **Where are you originally from?**

Christchurch, New Zealand

### **Tell us about your current or previous career.**

I'm a fifth grade teacher at a school for at-risk learners.



### **What's on your Bucket List?**

Travel to every continent.

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

Cheese puff or raspberry.

### **Where is your favorite place to travel?**

Million dollar question, but probably home to New Zealand. My family and childhood friends are still there.

### **What is your favorite hobby?**

I love reading and cooking. I'm getting into gardening with Violet.

**What does motherhood mean to you?**

Investing in the future.

**How did you find FIT4MOM? What classes do you currently attend and why do you love them?**

I found it online when Violet was small. We went for a while, then moved and had to stop. We recently rejoined. I go to Stroller Strides and Body Boost, plus Strides 360 when I don't have work.

**How has FIT4MOM impacted your life?**

I'm stronger and fitter, plus I have a community.

**What is your proudest moment as a mom?**

When I see my children use empathy.

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

Brand new? It gets better. First couple of years? Relax

**Questions for kiddos**

Luna - 22 months

**How old is Mommy?** "Hi"

**What's something Mommy always says?** "No"

**What is mom really good at?** "What? No"

**What's mom's favorite thing to do?** Growls

**What makes you proud of your mom?** "No! I have water"

***Laura we are so happy to have you in our Village, and can't wait to watch you continue to thrive!***

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**FIND A CLASS**

FIT4MOM Hudson, Twinsburg, Streetsboro  
Amy Hoover [amyhoover@fit4mom.com](mailto:amyhoover@fit4mom.com)

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