



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



Hudson, Twinsburg, Streetsboro

July Newsletter

Class Schedule

	FIRST CLASS IS ALWAYS FREE!					
	MON	TUES	WED	THURS	FRI	SAT
Glen Meadow Park Twinsburg	9:30 AM Stroller Strides		9:30 AM Stroller Strides		9:30 AM Strides 360	8:00 AM Body Boost
Hudson Montessori School	6:00 PM Stroller Strides					
St. Joan of Arc Streetsboro		7:00 PM Body Boost				
Virtual Schedule		7:00 PM Body Boost	7:00 PM Strides 360			8:00 AM Body Boost

Events & Happenings



Strides 360 and Ice Cream Social

July 2, 10:30

Join us for a FREE Strides 360 workout followed by an Ice Cream Social! Ice cream will be provided, please bring your favorite topping to share! (Weather permitting, event

will be rescheduled if it's raining.)

Strides 360 and Ice Cream Social

Dad-urday Saturday

July 17, 9:30, Glen Meadow Park

We had so much fun last time, we've got to do it again!

Mamas, the competition is on! 🏆🏆 Bring your husband (or a partner) and join us for a FREE "Dad-urday" Saturday Stroller Strides class!



Dad-urday



Mom's Night Out Missing Mountain Brewing Co.

July 15, 7pm

2811 Front St, Cuyahoga Falls, 44221

Join us on the patio for a drink, dinner or appetizers, and lots of chatting!

More info here:

<https://fb.me/e/18adno8cf>

Kids and Concussions

by Amy McMillin, PT

We often hear about concussion in sports related head injuries, but many concussions happen off the field — in car and bicycle accidents, playgrounds, in fights, and even minor falls.

Learn the warning signs and how to spot concussion in a child, what to do if you think a child

has concussion, how to treat a concussion, and what type of medical professional can help.

Read the entire blog here:



Concussion

Mama of the Month

Meet Jenny Jones, our July Mama of the Month

Tell us about your family.

We're a small family of three! My husband Phillip works for PPG and Hunter (3) we call Baby Hulk!

How did you meet your husband?

We met on Eharmony

Where are you originally from?

Cleveland Heights

Tell us about your current or previous career.

Stay at home mom now, but I used to work in Education at the Cleveland Museum of Art.

What's on your Bucket List?

Visiting as much of Europe as possible!

Who is your celebrity crush or celebrity BFF?

Henry Cavill

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



Donuts!

Where is your favorite place to travel?

London.

What is your favorite hobby?

Sleeping :)

What does motherhood mean to you?

Never being alone! Haha!

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

A friend. I currently attend Stroller Strides and Strides 360.

How has FIT4MOM changed your life?

It's given me a Village.

What is your proudest moment as a mom?

The first time Hunter really hugged me

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

A messy house is ok!

Jenny, 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!

FIND A CLASS



FIT4MOM Hudson, Twinsburg, Streetsboro
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