



**NEW & NOTEWORTHY HAPPENINGS IN  
OUR VILLAGE**



HUDSON  
TWINSBURG  
SOLON

## **MAY NEWSLETTER**

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MONTH OF

*Mama*

## **Events & Happenings**

[May Virtual Schedule](#)

*Thank you* to our mamas for sticking with us for our virtual classes. As of now, our virtual workouts will continue for the month of May. We will continue to monitor the situation and Governor Dewine's orders to determine when (and how) we can safely resume our in-person classes. Our biggest concern is keeping you and your family safe.

Based on attendance at our virtual events over the past month, we are cutting back on some of our virtual events beginning May 4. You can see the updated virtual schedule below.

Links to the workouts are available to our current members in our private Facebook groups for each program. Links to the free virtual events are available on our Village Facebook page.

If you would like to try out a FREE virtual fitness class or event, please fill out this [form](#).

*We would love for you to join us, mama!*

	FIT4MOM Hudson, Twinsburg & Solon						
	MON	TUES	WED	THURS	FRI	SAT	SUN
	9:30am Stroller Strides		9:30am Stroller Strides	8am Bonus Workout	9:30am Stroller Strides	8am Body Back	
		1:30pm Coffee Chat		10am Play Group			
		7pm Body Back	6pm Run Club+	8:30pm Mom's Night In			

\*All classes and meetups on Zoom meeting, link provided in private FB groups for members

## Month of Mama

With Mother's Day coming up, the month of May is all about YOU, sweet mama!

We are offering **\$0 enrollment fee** on all of our monthly membership plans for the ENTIRE month of May.

You can also get **\$20 off** our ten class pass with coupon code VIRTUAL20.

We have some exciting programs running over the summer so read on to hear all about it!



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# Introducing Strides 360

We are SO excited to bring you a new FIT4MOM program starting at the end of this month!

Strides 360 promises a heart-pumping workout designed to increase your endurance while also developing speed, agility, and quickness to help you sprint through mom life.

Bodyweight conditioning is

strategically placed to provide recovery, strength and round out your workout.

It's for any mom interested in a workout that can be as hard as you need it to be on your good days or scaled back on days you're not sure how you made it out the door! Bring your kiddos with you in the stroller or leave the kiddo at home and come play with your mom friends. Either way, the hour will fly by and leave you energized for the rest of your day!



Classes will be **Wednesdays from 6-7pm starting May 20**. They will be part of our virtual workouts. Once we are able to move outdoors, classes will be held at Center Valley Park in Twinsburg (9797 E. Idlewood Drive).

**Ways to buy:** Strides 360 will be rolled into all of the monthly membership plans. You can also attend a Strides 360 class if you hold a ten class pass. Strides 360 classes will be part of our Run Club+ programs (see more info below) and we are also offering a **Body Back & Strides 360 All Access Pass\*** for the summer. *\*4 month payment plan available*

[PURCHASE HERE](#)

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## Our Summer Programs

	FIRST CLASS IS ALWAYS FREE!						
	MON	TUES	WED	THURS	FRI	SAT	SUN
GlenMeadow Park Twinsburg**	9:30 AM Stroller Strides		9:30 AM Stroller Strides		9:30 AM Stroller Strides		
Hudson Montessori School**	6:00 PM Stroller Strides*			6:00 PM Stroller Strides*			
E. Idlewood Park Twinsburg**		7:00 PM Body Back	6:00 PM Strides 360			8:00 AM Body Back	

\*Evening Stroller Strides Classes will resume when we return to in-person classes

\*\* Classes will be virtual on Zoom until we determine it is safe to resume in-person classes

## Body Back Summer Series

Our Body Back Summer Series consists of two 60-minute high-intensity interval workouts (HIIT) per week. Our HIIT cycles through cardio, strength, and core work and concludes with a relaxing meditation to help you recharge and head back to your family.

Runs from **May 28 - Sept 15** (32 Classes)

Regular Price: \$249

**Ways to buy:** You can attend Body Back classes during the Summer Series with a ten class pass, purchase a class pass for the entire series\*, or buy the Body Back & Strides 360 All Access Pass\* to attend both Body Back and Strides 360. *\*4 month payment plan available*

*Save \$20 with coupon code **VIRTUAL20***

## Run Club+ Summer

We are running two 8-week Run Club+ sessions over the summer. With **each** session you get:

- One Strides 360 class per week
- A detailed training plan (5K, 10K or half marathon)
- Access into a private Facebook group
- Support and check-ins from your coach
- Registration (including bib and medal) into a virtual race

8-Week Sessions Run **May 27 - July 15 / July 22 - Sept 16**

Regular Price: \$179

Save \$20 on either 8-week Run Club+ session with coupon code **VIRTUAL20**

Regular Price **Whole Summer** (16 weeks, 2 races): \$299\*

*\*4-month Payment plan available*

Save \$50 on the full Run Club+ Summer package with coupon code

**RUNCLUB50**

PURCHASE NOW

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## We're Turning 5!!

This month, FIT4MOM Hudson, Twinsburg & Solon is celebrating its 5th birthday!

It's hard to believe it has been 5 years. We have had some incredible mamas join us over the years, and we are so proud of the mamahood sisterhood we have built! We wouldn't be where we are today without ALL OF YOU!!



We were hoping to have a big celebration, but given the current circumstances, it's not feasible. Instead, we are offering a **FREE WEEK** of our fitness classes - all programs - to all mamas! From **May 18 -23**, ALL of our fitness classes will be **FREE**. We are launching our Body Back Summer Series and Strides 360 classes that week, so everyone will have the chance to try out every one of our programs!

**New members**, if you sign up for any of our programs during that week (May 18-23 only), you will get an additional \$10 off using code **BIRTHDAY10**. \*Limit one per customer.

**Current members**, bring a friend that week and get your \$20 referral gift if she signs up.



## Mama of the Month

Meet Seasons Langham, our May Mom of the Month! In this series we feature a mom in our Village each month.

**Tell us about your family:** I will be married to Kyle for 8 years this August. We have been together for 13 years. We have Auriana who is 5 and Nolan who is 3. We also have Urban, our St Bernard, who is 6 and Bella, our Cairn Terrier, and she is 13.

**Hometown:** Shalersville, Ohio

**Current/previous career:** General Sonographer with Cleveland Clinic Akron General for 8 years now. I started at the main hospital with Akron General and now work at an outpatient location in Tallmadge.

**What does motherhood mean to you?** One of the best things I've ever done. I love being a mom and teaching my kids and also having them teach me things. I've definitely learned to be more patient. It's so hard at times but in the end it's definitely worth it.



**How did you find FIT4MOM?** Googling workout classes.

**What classes do you currently attend and why do you love them?** Body Back. This class really makes me push myself. I've accomplished things I never thought I would do with fitness.

**How has FIT4MOM changed your life?** It has made me realize that no matter what stage of life you are in with motherhood, you can workout and have fun and include your kids while doing it.

**Favorite exercise:** Any that's helps me with upper body strength. I feel like I have



none.

**What's one thing you would go back and tell yourself as a new mom?** Relax. Don't be so hard to be a perfect mom and do it all. You are not doing anything wrong. I ended up exclusively pumping and I really beat myself up and had a lot of tears that I was a bad mom because I couldn't handle breastfeeding. I thought I was failing as a mom.

**Proudest Moment:** Watching how much my kids love each other. From the moment we told Auriana we were pregnant she loved her brother. They love playing and being together and I absolutely love seeing that.

**Questions for kiddos:**

1. **How old is Mommy?** Auriana: 40 / Nolan: 3

2. **What's something Mommy always says?** Auriana: I love you the mostest  
Nolan:

3. **What is mom really good at?** Auriana: Baking (ha I rarely bake) and snuggling.  
Nolan: Making things like slime

4. **What's mom's favorite thing to do?** Auriana: Be with her kids  
Nolan: clean stuff

5. **What makes you proud of your mom?** Auriana: Figure out video games. Nolan: cleaning up and making slime

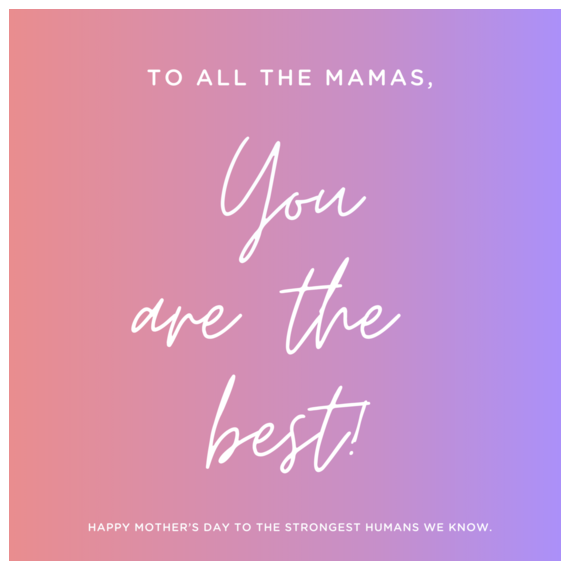
*We are so happy to have you as a part of our Village and can't wait to see you continue to crush your goals!*

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## May: A Month to Honor Yourself

Written by Charlotte Beers Plank

How are you doing, mama? We are in unprecedented times, in a world pandemic and in a time of uncertainty. Our focus has shifted to survival mode, and to what we can control, which is the present moment. What are we doing TODAY? How can I focus on TODAY? With daycares and schools closed, our children are home more than probably ever in their lives, and we are trying to cope. Whether you are juggling working your job from home or restricting your normal routines to activities around the house, we are all in the same boat. Personally, I am grateful for our village, and I don't know what I would do without all of you!



Fit4mom is providing structure to my daily routine, with our workouts, virtual playdates, coffee chats, and MNI, and I am so lucky to have all of you to lean on for support.

We've been social distancing for around 7 weeks. In Ohio, we've had the stay at home order since March 23 – and even as we prepare for the state to open up again, we will continue to practice social distancing, good hand washing, decreased in-person activities, and in general, a very different life we thought we'd be having this year. My hope is that you are staying healthy and safe, as well as staying positive! While I see it as essential to take care of yourself at all times, it is more important now than ever before to make sure you are fulfilling your needs. Sure, the baby is fed and bathed, the toddler is doing crafts, staying active, and having virtual play dates, and your 1st grader is completing their school work online... but what about YOU? What are YOUR needs?

I find it extremely convenient and helpful that we are celebrating Mother's Day this month, and then Father's Day next month. We need a reason to celebrate each other, and the hard work we're doing to take care of our kids! May is also Maternal Mental Health Month, something very close to my heart. This is celebrated all around the world, and it's a way to bring awareness to the mental health struggles of mothers everywhere. It is also a way to highlight the many stages of motherhood, from pregnancy to early postpartum, to the many transitions we go through as mothers in raising our children.

So, how are you taking care of yourself? Are you meeting your basic needs? With so much on your mind, it is easy to sideline our own needs and take care of others first. But I believe if we prioritize our needs before those of our children and family, we will be more prepared and better equipped to serve others. How do we balance what we need with what our family needs from us? It is something I practice every day, and I try not to let my perfectionism get in the way too often! There are a few things I prioritize, things that are non-negotiable:

Every day, I schedule in time to move my body. It could be a day where I do stroller strides with Charlie, or throw him in the stroller to take a long run or walk, or it could be a day where I don't have much time and I sneak in a quick workout after Charlie is down for bed. Even if it is an active recovery day, I find that I have a better day if I have already scheduled in time to move. A little goes a long way – even just a walk around the block with Charlie running circles around me does wonders. Listen to your body – maybe you need to lower your expectations a bit and rest your muscles.... but if you have the energy, make sure to take advantage and fit your workout in. I also have prioritized eating and drinking well, so that my body is fueled for a good day. Try to drink enough water (a good rule of thumb is to drink around half of your body weight in ounces), eat all three meals, and be sure to monitor what you are putting in your body.

I am an extrovert through and through. But even introverts are struggling with social distancing! Make sure you are spending time connecting with your family, friends, and loved ones. It is just as important to reach out for your own health than it is to reach out to check in with others. I have been setting up FaceTime chats with my in-laws, making time for our fit4mom zoom meetings, and I have even gone back to snail mail! I am an incredibly social person, and although it's hard not seeing people in person, I am trying to focus on gratitude. I am reaching out to my family and friends more than I would normally, and for that, I am thankful!

In my mind, most importantly, it is so important to take care of your mental health. This is a time of uncertainty and fear, and we don't have a lot outside of unknowns right now. If I spend time honoring my feelings, and letting myself feel what is in my heart, it tends to get easier and release more quickly. It is so common to have fearful and anxious thoughts right now, so it's important to stay positive. If you think you might need more support, there is help! A resource I recommend and have used (and still use!) is



Postpartum Support International. They are offering more support virtually now, and there is help. Please visit <https://www.postpartum.net/> to learn more!

This Mother's Day, please try to take some time for yourself. Take some of the day and honor yourself. Take a solo walk, a long bath, or spend some time reading alone. Even in these times of social distancing, it is important to make time for yourself. When you take care of your needs, you will be stronger and better equipped to go back to your family. You will feel refreshed and ready to face the day so much better.

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

LEARN MORE

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## Stay Connected

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