

September



FIT4MOM®

| Hudson | Twinsburg | Streetsboro

Hi!

It's a new month which means we have a lot of new and fun things happening in our Village! From special themed classes to Mom's Night Out events—we have so many great things happening this month. Are you ready for it? Keep reading below and we'll see you in class soon, Mama!

| 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 | | | | BODY BOOST 8:00 AM |

Please Note:

There will be NO MORNING CLASS on Monday, September 5th (but we hope to see you at our evening class at 6 pm at Hudson Montessori School!)

Body Boost on Tuesday, September 6th will begin at 7:15 instead of 7:00pm.

VILLAGE HAPPENINGS

Story Swap Play Date

**Wednesday, September 7, 10:30
Streetsboro City Park**

Bring those books your kiddos are no longer interested in, and leave with new additions for your home library! Bring as many books as you'd like to swap. Any unclaimed books will be used to fill local Free Libraries.

[TAKE ME THERE](#)



Play Dough Play Date

Friday, September 16, 10:30
Glenmeadow Park

In honor of National Play Dough Day, stay after class as we squish and squeeze, cut and create!

[CHECK IT OUT](#)



FREE Open House Class and Snack & Story Play Date

Monday, September 12, 9:30
Streetsboro City Park

Come see what FIT4MOM is all about! Try out a free class, and then stay for snacks and stories for the littles while you meet the other moms of our village!

CHECK IT OUT



Pizza Play Date

Wednesday, September 21, 10:30
Streetsboro City Park

Let's celebrate National Pepperoni Pizza day with this fun craft!

TAKE ME THERE



Sky Zone Play Date

Sunday, September 25, 9:30-11
Sky Zone Boston Heights

Join us for Little Leapers, a special jump time for kids 6 and under!

[CHECK IT OUT](#)



Apple Craft Play Date

Monday, September 26
10:30 Streetsboro City Park
7:00 Hudson Montessori School

Make a sweet apple craft in honor of Johnny Appleseed Day!

[TAKE ME THERE](#)



Mom's Night Out- Oktoberfest

Caitlin's House
September 30, 7-10 pm

Come celebrate Oktoberfest with the ladies of FIT4MOM! More information can be found in the private Facebook event.

Meet Claire, our September Mom of the Month!



Tell us about your family.

My husband's name is Matt and we have been married for a little over a year! We started dating back in 2012. We have identical twin boys named Kai and Zane and they are 6 months old. We also have two rescue pups- a chocolate lab named Marley and a dachshund mix named Coral. Finally, we have 3 indoor/outdoor cats named Willie, Oliver, and Remi!

How did you meet your husband?

We met online through mutual friends! We grew up in the same area. We attended the same high school but at different times.

Where are you originally from?

I was born in Cleveland, but my family moved when I was about 4. I lived in Auburn Township (close to Bainbridge and Chagrin Falls) for most of my life. My husband and I have lived in Twinsburg for the last 6 years!

Tell us about your current or previous career.

I work as an Occupational Therapist in a rehabilitation hospital in Akron. I currently work with adults in an inpatient setting. I was also working in an outpatient setting treating neurological disorders (strokes, spinal cord injuries, etc.) prior to my maternity leave, which I loved! Since having my twins, I only work a few days a month

and am staying home with my boys the rest of the time. I love being at home with them and am so grateful I am able to do so!

How did you find FIT4MOM and what do you love about it?

I heard about FIT4MOM through a fellow coworker. She frequently posted about taking her daughter to classes and it looked so fun! I love that I can bring my babies with me, meet other mom friends, and maintain an active lifestyle while also juggling motherhood.

What's on your Bucket List?

I would love to travel to other countries, especially Europe.

Who is your celebrity crush or celebrity BFF?

My celebrity BFFs are probably the entire cast of Queer Eye!

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

Either sesame seed bagel (so random) or cheese quesadilla!

Where is your favorite place to travel?

I really enjoy traveling to Hilton Head, South Carolina!

What is your favorite hobby?

I love to sing. I was in choir 5th-12th grade, as well as in college. I also always sang in my school's talent shows!

What is your favorite "hurt so good" exercise?

I am a fan of squats!

What is your favorite tv show, podcast, or book?

Some of my favorite tv shows are: Breaking Bad, The Handmaid's Tale, New Girl, Queer Eye, and anything true crime!

What is your favorite local place for family outings?

We enjoy taking our boys out to breakfast with us to a family owned restaurant called "Dolphin." We also enjoy going to local parks for walks!

What five items do you always buy when you go to the grocery store?

Oat milk, strawberries, mixed greens, dairy free ice cream, and whole grain bread!

What is your proudest moment as a mom?

There are SO many proud moments, but the one that stands out to me the most is the day my twins became NICU graduates. They overcame so much and I couldn't be more proud of them. They continue to amaze me each day!

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

I would say to not be so hard on yourself because postpartum can be so challenging. I would also remind myself that it does get easier with time, including postpartum and being a new twin mom.

Want to meet Claire and the other amazing women in our Village? Join us!

SEE YOU IN CLASS

XO, fit4mom



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