



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



Hudson, Twinsburg, Streetsboro

June 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



Strength In Motherhood Race

Join us June 5th at 10am at the Twinsburg Handles parking lot. We'll stretch together and then complete the route of the 5K at our own pace. Feel free to bring your kids, husbands, friends, dogs! We'll celebrate the completion of the race with an ice cream cone at Handles at 11:00.

Grand Re-Opening Week June 12-19

Get ready for lots of fun classes, playdates and prizes as we kick off the Grand Re-Opening of FIT4MOM Hudson, Twinsburg, Streetsboro!



Run Club+ Open House

June 12, 9:30 East Idlewood Park, Twinsburg

Join us as we kick off the Summer session of Run Club+ with a FREE open house on Saturday, June 12th.

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 half marathon) or simply want the support and structure of a run-training program, we provide all you need to train, learn and connect!

Get a taste of what Run Club+ is all about while Coach Emma goes over everything that is included in our Run Club+ program. Enjoy snacks, prizes, and special discount offers!

Sign Up Here: <https://twinsburg.fit4mom.com/classes/run-club-open-house>

New Mama Monday

June 14, 9:30, Glen Meadow Park

June 14, 6:00pm, Hudson Montessori School

Have a friend you think would love FIT4MOM as much as you do? Signed up for our emails but haven't been to a class yet? New Mama Monday is YOUR time to try!

A logo with the words 'NEW MAMA MONDAY' in a bold, sans-serif font. 'NEW' and 'MAMA' are in a dark red color, while 'MONDAY' is in a lighter red color. The text is centered within a light pink rectangular background.

This class is designed for new mamas to experience all that we offer at FIT4MOM HTS! Come get a feel for ALL of our classes combined into ONE! We'll have a one-hour workout with a variety of exercises from Stroller Strides, Strides 360, and Body Boost classes. New Mama Monday is FREE for all new members.

After class stay for Playtime and Popsicles! Bring a friend and join us!

More Info: <https://fb.me/e/9bwXrtf0w>



Tuesday Playground Meet-Up

June 15, 10:00, Streetsboro City Park

Join us at Streetsboro City park for a morning full of playground fun!

More Info: <https://fb.me/e/GPUq2GMP>

Wonder Woman Wednesday Stroller Strides

June 16, 9:30, Glen Meadow Park

Let's celebrate the Wonderful Woman you are, Mama! Wonder Woman Wednesday starts with a heart-pumping Stroller Strides class - a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio, and core restoration, all while entertaining the little ones with songs, activities and fun! Stay after class for extra special fun! FREE for all new members!



More Info: <https://fb.me/e/Uh1hc8Pw>

Register Here:

<https://twinsburg.fit4mom.com/classes/wonder-woman-wednesday>



Fri-Yay Friday Strides 360

June 18, 9:30 Glen Meadow Park

Heart-pumping Strides 360 workout - YAY!

Kids in tow or come without - YAY!

Playdate after class - YAY!

Mama social time - YAY!

Treats and Prizes - YAY!

FREE for new members!

More Info: <https://fb.me/e/KCAWf7wA>

Register Here:

<https://twinsburg.fit4mom.com/classes/fri-yay-friday-strides-360>

Dad-urday Saturday

June 19, 9:30, Glen Meadow Park

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

Stay after class for a Father's Day themed craft, snacks, and prizes!

More Info: <https://fb.me/e/F6hmLPOC>

Register Here:

<https://twinsburg.fit4mom.com/classes/dad-urday-saturday>



Run Club+ Summer Session



Take your run training to the next level!

Run Club+ is an 8 week guided running program for ALL levels. Whether your training for 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 and in person opportunities to train, learn and connect! New Fall session begins next week!

Run Club's 8-week training program which includes:

- Detailed Training Plans (5K, 10K or half marathon)

- Four Live Training Sessions
- Five Class Passes to attend one of our fitness classes during the week
- Support and progress check-ins from your Run Club Coach
- Access to Exclusive Facebook Accountability Group
- Tips for Getting Started
- Nutrition Tips for fueling during training

You'll cap off the 8 weeks by completing a virtual race at the same time as your coach and other Run Club mamas, followed by a finish line celebration to commend your accomplishments! Summer Session begins June 20!

Sign Up Here: <https://twinsburg.fit4mom.com/classes/run-club-summer>

Migraines and Motherhood

Let's face it- with everything we as moms have to do, we don't have time to deal with headaches. Amy Mcmillin, owner of Custom Care Rehab, shares her expertise on the matter.

Following a routine and managing stress are two management strategies she suggests implementing, and FIT4MOM offers both! Check out her blog to learn more about managing headaches and migraines.



<https://customcarerehab.com/managing-migraine-and-headache-triggers/>

Mama of the Month

Meet Becca Livergood, our June Mama of the Month

Tell us about your family.

Husband Ryan, Logan(6), Bennett (4), Lydia (1), and our dog Apollo

How did you meet your husband?

On a blind date the first month of college

Where are you originally from?

Mantua, Ohio

Tell us about your current or previous career.

Prior to children, I was a preschool teacher and then ABA tutor.

What's on your Bucket List?

Travel to all 50 states

Who is your celebrity crush or celebrity BFF?

Ryan Reynolds

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

Gummy bear

Where is your favorite place to travel?

Any ocean beach area. Disney World is also such a special place and amazing to see through your kids' eyes.

What is your favorite hobby?

running/crafting/sewing

What does motherhood mean to you?

More love than you ever thought imaginable.

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

Went to the first grand opening 6 years ago with a friend. I currently like Body Boost. Between having a virtual kindergartener, a preschooler and a baby during a pandemic, I appreciate the alone time.

How has FIT4MOM changed your life?

It has given me the gift of fitness and keeping a fitness routine for my physical and mental health and family.

What is your proudest moment as a mom?

I have been extremely proud of my children this past year. Covid drastically changed our lives, especially our social ones, and my kids were rockstars. Virtual kindergarten wasn't in our original plans and he did it with no complaints.

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

Advocate for yourself as a new mom and ask for help when you need it.



Questions for kiddos (optional):

How old is Mommy?

5 (Bennett) 33 (Logan, so close a few months shy of 33)

What's something Mommy always says?

Secrets (Bennett) Be kind (Logan)

What is mom really good at?

Making stuffed animals (Bennett) Definitely your sewing (Logan)

What's mom's favorite thing to do?

Making and cleaning (Bennett) To Sew (Logan)

What makes you proud of your mom?

Making us stuff like that coloring book bag (Bennett) Making me things (Logan)

Becca, 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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