



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



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

Please Note:

We will tentatively be moving our morning Stroller Strides and Strides 360 classes, and Tuesday evening Body Boost classes indoors the week of October 18th. Saturday morning Body Boost will remain outdoors for October, weather permitting.

Our New Indoor Location

We are so excited to begin using our NEW indoor space! Classes will be held at The Chapel at Tinkers Creek in Streetsboro. Their address is 9709 Page Road in Streetsboro. Monday evening Stroller Strides will remain at Hudson Montessori School.

Upcoming Programs

BODY WELL WINTER
2021
"THIS IS ME"

Body Well™ is about meeting mothers where they are in their individual chapter of motherhood, challenging their growth and creating long-lasting healthy habits, inside and out.

Body Well™ is our 8-week program that includes small group fitness coaching, nutritional guidance, recipes + meal planners, community-based workouts, and new weekly challenges to help make wellness a part of moms' daily lives, with a fresh look, feel, and name.

Body Well™ will focus on improving maternal health, both physical and mental, with a community of other mamas to support you every step of the way.



Each session includes:

- 2 HIIT Body Boost classes per week
- One-on-one guidance from your coach tailored to you
- Seasonal recipes for you and your family to enjoy
- Nutritional guidance based on an easy-to-follow 3 nutritional pillars system
- Access to Recorded Classes
- A small group community of mamas for accountability and support
- Food Journal & Habit Tracker
- Weekly challenges to help you manage stress and sleep better
- Before/After measurements, and photos
- Pre and post fitness assessments- allowing you to see your progress and celebrate your accomplishments

Body Well "This is Me"



Run Club+ Winter 2021

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!

This Run Club+ session includes:

- Detailed Training Plans (5K, 10K or half marathon)
- Three Live Training Sessions (dates include October 23, November 6 and November 13)
- Five Class Pass to attend any of our fitness classes (any format)
- 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

Run Club+ Winter 2021

Events & Happenings

Run Club+ Free Preview

October 2, 9:30am

East Idlewood Park

Join us as we kick off the Winter session of Run Club+ with a FREE open house on Saturday, October 2. Get a taste of what Run Club+ is all about while you learn about everything that is included in our Run Club+ program.




Run Club+ Open House

Body Boost Express Class and Presentation


October 7, 7:00pm

The Chapel at Tinkers Creek




Body Boost Express Class

30 minute HIIT
October 7, 7pm
The Chapel at Tinkers Creek
9709 Page Road
Streetsboro, OH 44241



Class followed by
Refreshments and Presentation



Amy McMillin, PT
Presents: "It's all in the
Hips" Sacroiliac Pain &
How to Get Relief

Join Fit4Mom Hudson, Twinsburg, Streetsboro and Physical Therapist Amy McMillin of Custom Care Rehab for a FREE, fun night out!

The evening begins with a 30-minute HIIT Body Boost class, suitable for women of all fitness abilities. Then enjoy refreshments as Amy McMillin presents "It's all in the Hips" Sacroiliac Pain & How to get Relief".

This event is held at The Chapel at Tinkers Creek, the NEW INDOOR

LOCATION for Fit4Mom HTS! Come check out the beautiful space we'll be working out in this fall and winter!

It's all in the Hips Night Out

Octoberfest

October 9, 6:30pm

Caitlin's House

It's time for the second annual Fit4Mom Oktoberfest! We will have a bonfire going and there will be Auntie Anne's pretzels, a make your own bratwurst station, buffalo chicken dip, S'mores and hot apple cider! Some drinks will be provided but feel free to bring your own beer.



Patterson's Fall Fest

October 14 10:00am

8765 Mulberry Road, Chesterland



Have fun with us in the outside play area! Enjoy slides, corn boxes, a corn maze, and more fun!

Patterson's Play Date

Mom's Night Out

Yoga on the Lawn

October 14, 7:00pm

St. Joan of Arc



Join us as yoga instructor Tina Wagner guides us through our own private yoga session. We will stretch, unwind and relax! Please bring a yoga mat or towel. Dress for the weather as we will be outside.

Yoga Mom's Night



FREE Monster Class and Craft

Monday, Oct. 18, 10:30

The Chapel at Tinkers Creek

Help us kickoff classes at our new indoor location! Come at 9:30 for a FREE monster themed class and stay after to create an adorable handprint monster!

Kingsway Pumpkin Farm

October 19, 10:00am

1555 Andrews Street Northeast, Hartville

Join us for some more fall fun! Kids can enjoy the corn maze, farm animals, jump pads, straw maze, corn box and more!



Kingsway Play Date



Pumpkin Class and Painting

October 27, 10:30am

The Chapel at Tinkers Creek

Bring a pumpkin to use in your workout today! After class, kiddos can paint and decorate their pumpkin.

Pumpkin Class and Painting Play Date

Stroller Shriek Trick or Treat

October 29 10:30am

The Chapel at Tinkers Creek

Bring your little ghosts and goblins, some goodies to share, and join us



for some indoor trick-or-treat fun!

Please RSVP so we know how many kiddos to prepare for! Children will trick-or-treat at each stroller. Feel free to decorate your stroller. Costumes are encouraged (moms too!) but not required.

Stroller Shriek Trick or Treat

Mama of the Month

Meet Kerryanne, our October Mama of the Month

Tell us about your family.

I am Mom to two little humans, Cameron (2) and Miriam (5 months) and wife to Jason. We also have two small dogs named Miles and Sammy.



How did you meet your husband?

Jason and I met in college at the University of Dayton.

Where are you originally from?

I grew up on the west side of Cleveland in Bay Village where my parents still live.

Tell us about your current or previous career.

I have a degree in Accounting and have worked as an accountant for almost 10 years now. Currently, I am the CFO at a management company that handles all the administration (HR, Finance, Operations, etc.) for other businesses. Our largest business is an education provider for children who have behavioral challenges that prevent them from succeeding in a regular classroom.

What's on your Bucket List?

I've never been very good at coming up with Bucket Lists but I am sure there are things I'd like to do before I die. I've always wanted to go to Australia but never had the opportunity so that would probably make the list. Doing some kind of hike/camping trip would also be fun.

Who is your celebrity crush or celebrity BFF?

Kristen Bell

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

Chocolate, anything chocolate

What is your favorite hobby?

I love to read and will read just about any novel if I have the time.

What does motherhood mean to you?

Wow, I'm not sure how to really define motherhood but it is a wild ride filled with lots of frustration, joy, and every emotion in between. It is celebrating your child's successes and worrying that you are the cause of their failures.

Motherhood is being part of a village that brings you closer to other moms through shared experiences and yet every journey is incredibly different. It has meant not knowing what life would be like without these amazing little creatures and yearning for life when you weren't constantly tied to them while loving them more than you fully understand. In short, it is consistently inconsistent but a labor of love and wonder.

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

I stumbled on a Facebook post that was shared by the Twinsburg library about the next Body Back session starting right about the same time that I was going back to work after Cameron was born. It was a complete leap for me to sign up for 8 weeks without knowing anything besides what is on the website but it was exactly what I needed at the time. Currently, I attend evening stroller strides on Monday and try to make it to Strides 360 on Wednesday evenings. Hopefully I'll feel ready for another Body Well session soon and maybe even Run Club in the spring!

How has FIT4MOM changed your life?

Fit4Mom has been a part of life almost as long as I have been a mom so in some ways, my life was already completely upended when Fit4Mom came into my life. It's hard to say exactly how my life has changed but I know that this

community of moms has made being a parent so much more realistic and made me feel less alone in raising these tiny humans.

What is your proudest moment as a mom?

Cameron came home with an award from daycare for "picking a friend up off the floor when they fell" which made my heart so full knowing he was helping someone around him when they needed it.

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

The frustrations of parenting are similar to the weather in Cleveland, just wait 15 minutes and everything will change.

Kerryanne, 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
Amy Hoover amyhoover@fit4mom.com

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