



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



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 evening Stroller Strides class on Monday, August 22.

Events & Happenings

Shark Week Class and Craft

Monday, August 1

9:30

Streetsboro City Park



Celebrate the end of Shark Week with a special themed class and an adorable Baby Shark painting!



National Watermelon Day Craft

Wednesday, August 3

10:30

Streetsboro City Park

Let's celebrate National Watermelon Day with this sweet and simple craft!

Brunch

Tuesday, August 9

10:00 am

Ruth's House

Bring a dish to share as the kids play and the moms chat one final time before



school starts!



BINGO Night

North Water Brewing

Wednesday, August 10 6:30pm

Come alone or bring your spouse for a fun, fast-paced night of bingo! Please bring a munchie to share with the

table. Bingo is free to play, but donations are always appreciated (and given to a local charity!) Bingo starts at 7, but feel free to come earlier to save your seat. The theme this evening is "favorite concert"- bust out those old concert T's and join in the fun!

Parachute Play Date

Friday, August 12

10:30 am

Glenmeadow Park

Join us after Strides 360 for
parachute play time!



Dad-urday Family Class

Saturday, August 13

9:30 am

Glen Meadow Park

Stroller Strides isn't just for Mom today! Grab your spouse (or a partner) and join us for a family class complete with lots of competitive fun! Dad-urday is FREE for everyone! Meet us on the basketball courts!

Dad-urday

Pinecrest Play Dates

Tuesday, August 16

11:00 am

Meet up with other FIT4MOM mamas and kiddos for this fun, free event!



Free Open



House Class and Mini Strides Play Date

Wednesday, August 17

9:30

Streetsboro City Park

Come check out what FIT4MOM HTS is all about! Get in a great sweat, meet some other local mamas, and stay for everyone's favorite play date- mini Strides! Bring a stroller, shopping cart, etc. and a doll as the littles participate in their own Stroller Strides class!

MNO: Favorite Things Gift Exchange

Thursday, August 18

7:00 pm



Ruth's House

Join us for a night out with the ladies and a fun gift exchange! Bring 3 unwrapped items worth around \$5 each. Keep it simple and bring three of the same things! Maybe it's a gift card to your favorite coffee shop, a lip gloss or face mask, your favorite card game, etc. You'll come with three gifts and leave with three different gifts. Bring a snack to share and BYOB.

Streetsboro Bicentennial Parade

Saturday, August 20

10 am



details!

Bust out your strollers or wagons, gather up the family, and join us in the parade! We'll be walking the 1-mile parade route together while we show off our FIT4MOM spirit! Check out the private event page for more

Roll and Play Game Play Date

Friday, August 26
10:30

Glen Meadow Park



Stay after class for a game perfect for toddlers!



Bubble Play Date

Wednesday, August 31

10:30

Streetsboro City Park

Stay after class for some bubbly fun! Bring your favorite bubble blower and

get ready for lots of fun!

Mama of the Month

Meet Tiffany, our August Mama of the Month!



Tell us about your family:

Derek and I have been married for seven years! We have lived in Ohio, Colorado, and Florida! We have two OG babies, Oscar and Eva, who are German shorthair pointers-total dog people! Plus our twins, Jackson and Patrick (almost 18 mo) and a baby due Dec 1st! We love to travel, we love all things Disney and Harry Potter, we have a hard time committing to new TV shows, and love early bedtimes

How did you meet your husband?

Derek and I are high school sweethearts! Dated through jr high and high school! We separated while Derek was in college and I was touring with

Disney shows and reconnected 8 years ago and got married right away! We knew we were meant to be all along!

Where are you originally from?

We are originally from Liberty Center, OH! A tiny tiny town west of Toledo! Like, Gilmore girls style where everyone knows everyone and their business and the car they drive and their grandparents

Tell us about your current or previous career.

I currently own a business with Arbonne and stay home with my boys! The best of both worlds since I love being home and love helping people on their journey to better health and understanding of nutrition!! Previously we lived in Orlando where I worked at all of the major theme parks and many side gigs as a performer, dancer, actor, diver, stunt performer, and rollerblader, and voice actor!

What's on your Bucket List?

Taking my kiddos to Aulani Disney resort and to the Christmas adventure in Finnish Lapland while they're young enough to have fun and old enough to have some memories!

Who is your celebrity crush or celebrity BFF?

Daryl-Ann Denner, Ellen DeGeneres, Reese Witherspoon, or Cecilia Stoll!!

If your nickname was your pregnancy craving(s), what would it be? I don't have any, as wild as that sounds!

Where is your favorite place to travel? We love Orlando and loved our time in Colorado and Italy! The places we tend to travel the most though are to visit our family in Catawba Island and our hometown!

What is your favorite hobby? I love to crochet or get crafty! I also love to read!

What does motherhood mean to you? Raising these sweet gifts from God to be people I love to spend time with and be friends with when they're older!!! I love my hubby so much, I was hoping to make more of him to hang out with! Haha!

How did you find FIT4MOM? What classes do you currently attend and why do you love them? I have a friend who started a similar business so searched for that in this area and luckily found y'all! I attend stroller strides and strides 360! I love being able to bring the boys and the sweet mamas in the community!

How has FIT4MOM changed your life? Motherhood can be super lonely when you're first diving into it-especially during a global pandemic! I love that y'all brighten my days and give me and the boys friendships and entertainment!!!

What is your proudest moment as a mom? Gosh! These boys make me proud so often! Little things like hugging our family members when they see them, recognizing people and smiling, being good boys when we are out and about, little things they learn all the time!!!!

What's one thing you would go back and tell yourself as a new mom? It's okay to have boundaries for your babies!! Hold them as much as you want/can! Take as many pics and videos as possible because time truly flies!

Tiffany, we're so lucky to have you and your boys in our Village!

Want to meet Tiffany and the other amazing moms in our Village? Come try out a class! Your first is always free!

FIND A CLASS

FIT4MOM Hudson, Twinsburg, Streetsboro
Amy Hoover amyhoover@fit4mom.com

Share this email:



emma®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

2067 Summers Ave
Streetsboro, OH | 44241 US

This email was sent to .

To continue receiving our emails, add us to your address book.