



NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



HUDSON
TWINSBURG
SOLON

APRIL NEWSLETTER

United in Motherhood



Events & Happenings

April Play Dates

[Egg Hunt Play Date](#)

Friday, Apr 9, 10:30a

Join us for a fun egg hunt after Strides 360 class on Friday April 9! We will scatter eggs filled with goodies around the park for kiddos to gather. Eggs will be spread out so social distance can be maintained. In case of inclement weather we will reschedule to a different date.



Nature Walk Play Date

Wednesday, Apr 21, 10:30a

In honor of Earth Day on April 22, we will be doing a Nature Walk after Stroller Strides on Wednesday, April 21. Kiddos will be given a list of things to look for around the park as well as crayons to color in what they see!



April Mom's Night Out

Backyard Bonfire

Thursday, Apr 15, 7pm

Now that Spring is finally here it is time to get together again - IN PERSON! Join us in Julie's backyard for a bonfire, drinks, smores and other snacks. There is also a hot tub if you want to bring your swim suit!



Some drinks and snacks as well as ingredients for smores will be provided but please bring a drink or snack to share as well! In case of inclement weather, we will reschedule.

April Schedule

As the Spring weather arrives, we are hoping to get outside more and more for classes! On cold/rainy days, or for those who prefer the virtual format, we will

continue to offer virtual fitness classes per the schedule below.

Weather requirements for outdoor classes:

- If the temperature is above 40 degrees, we will add an outdoor Body Boost class.
- If the temperature is above 50 degrees at class time, we will move our Monday evening Stroller Strides class outdoors and add outdoor morning Stroller Strides classes (Strides 360 on Friday morning).
- Our Wednesday evening Strides 360 and Thursday evening Stroller Barre will stay virtual for the month of April.
- We will no longer offer the Tuesday nap-time workout

We will notify you via email and Facebook when we will offer an outdoor class based on the weather. Our outdoor classes will follow guidelines recommended by the CDC and state health department, outlined [here](#).

To try out a FREE fitness class, fill out this [form](#)

We would love for you to join us, mama!

	FIRST CLASS IS ALWAYS FREE!					
	MON	TUES	WED	THURS	FRI	SAT
 GlenMeadow Park Twinsburg	9:30 AM Stroller Strides	7:00 PM Body Boost	9:30 AM Stroller Strides		9:30 AM Strides 360	8:00 AM Body Boost
	If temperature > 50°F (40°F Body Boost)					
 Hudson Montessori School	6:00 PM Stroller Strides					
 Virtual Schedule	9:30 AM Stroller Barre		9:30 AM Stroller Strides		9:30 AM Stroller Strides	8:00 AM Body Boost
	6:00PM Stroller Strides <i>(outdoors when temp >50°F)</i>	7:00 PM Body Boost	7:00 PM Strides 360	7:00 PM Stroller Barre		

Strength in Motherhood Virtual Race

We are so excited to unite our

FIT4MOM communities nationwide once again with our Strength in Motherhood™ virtual race for charity. We hope you will join us as we race for our physical and mental health and to support moms' maternal health worldwide.

Race Dates: Complete the race on any date between May 1 - June 15, 2021

Distance: Participants can choose to complete a 5K, 10K or half maratho

Cost: \$39

Cost includes: race entry fee, limited edition race shirt + medal, race bib, charitable donation and run training playlist.

Charity: FIT4MOM will be donating a portion of the proceeds to Every Mother Counts, which works to make pregnancy and childbirth safe for every mother, everywhere. You can read more about them at [everymothercounts.org](https://www.everymothercounts.org).

Sign up dates: The race pre-order will launch on shop.fit4mom.com on April 1. In order to receive the Virtual Race Bundle in time for the June 15th end date, please purchase your Virtual Race before June 8th.



Mama of the Month

Meet Amy Hoover, our April Mama of the Month

Amy will take over as owner of FIT4MOM HTS at the end of April!

Tell us about your family: My husband

Brain and I have been married for almost 8 years. We have two girls, Cora, 4.5 and Molly, 2.

Hometown: I grew up in Stow and currently live in Streetsboro.

Current/previous career: Prior to having Cora I was an elementary school Title 1 Reading Teacher.

What does motherhood mean to you? It's the biggest sacrifice, but the reward is unlike anything I've ever known!

How did you find FIT4MOM? Through my dear friend, Katie! We always tried planning playdates, but she was busy on Monday, Wednesday, and Friday mornings with something called Stroller Strides. I decided I wanted in on the fun too!



What classes do you currently attend and why do you love them?

I attend morning Stroller Strides classes, Body Boost classes, and Strides 360 classes. Stroller Strides has just become part of our daily routine. I love that my girls can come with me, and I love the combination of exercises.

Body Boost is MY time! It's the perfect mix of cardio and strength, and I love the meditation at the end!

Strides 360 is an awesome sweat session, and really works on developing cardio endurance.

How has FIT4MOM changed your life? I could write a novel answering this question, but here's the Cliff's Note version. FIT4MOM has touched nearly every aspect of my life. I am healthier than I have ever been. I am stronger physically and mentally. I have gained so many wonderful friendships. My girls are growing up seeing exercise as an important, regular part of life. And soon FIT4MOM will change my life even more as I become the new owner of FIT4MOM HTS!

Favorite exercise: Planks!

Proudest moment: My girls constantly make me proud! Cora is creative, kind and caring, and Molly is as independent and spunky as they come! Nothing makes my heart melt more than hearing Cora tell Molly "You're my best friend. I'll love you forever!"

What's one thing you would go back and tell yourself as a new mom? Be kind to yourself and don't sweat the small stuff! Learn to laugh and roll with the punches when things don't go as planned (because when kids are involved- nothing goes as planned!)

Questions for kiddos (Cora, age 4):

How old is Mommy? I don't know. 29? 46 and a half?

What's something Mommy always says? Hmmmm. That's a good question. Sleep tight! I love you!

What is mom really good at? Exercising

What's mom's favorite thing to do? Pick flowers with me.

What makes you proud of your mom? Putting your feet in the water when it was cold!
(We recently went to the beach!)

Amy, we are so happy to have you as a part of our Village and can't wait to see what you do for FIT4MOM HTS as the new owner!

A Bittersweet Ending and a New Beginning

Written by Julie Butt

As I finish up my last newsletter as owner of FIT4MOM Hudson, Twinsburg, & Solon, I am filled with mixed feelings of sadness, joy, excitement, and regret.

Sadness for this chapter coming to an end, joy for more time to devote to my family, excitement to see the amazing things Amy will do for this business and our Village, and regret for the things that I wished I could have accomplished during my time as owner.



Being owner of FIT4MOM Hudson, Twinsburg & Solon has been a great honor and I couldn't be more grateful to be part of this community of mamas. I have learned a lot about my strengths and my shortcomings over the past 3 years and grown as a leader. I have endured challenges that I never in a million years could have imagined I would face when I came to own this business, including a global pandemic and the sudden loss of a very good friend. I have learned a lot about myself as a mother and found that I am not alone in my parenting struggles, guilt, and self-doubt. Through it all, all of you - my sisters in motherhood - have been my lifeline and pillar of support.

This is not goodbye, as FIT4MOM is a huge part of my life and I will never be able to fully walk away from it. I will be around to help Amy with the transition as needed and I will also continue on as instructor. And I look forward to coming to classes as a client. You all know how to contact me, so please never hesitate to reach out for a play date, a girl's night, or a chat because I am sure I will need it just as much as you.

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

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