



NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



HUDSON
TWINSBURG
SOLON

MARCH NEWSLETTER



Events & Happenings

March Virtual Play Date

[Fit & Fun with Captain America](#)

Thursday, Mar 11, 10am

Calling all heroes! Join Captain America in his "Fit and Fun" time as he searches for new Avengers and trains the heroes of tomorrow. Engage in superhero training, storytelling, games and a Q&A from the First Avenger.

Look-alikes and Character Entertainment has tons of princess, super heroes, and other characters available to do face time calls, customized videos or join in on zoom parties to help celebrate your kiddo's birthday!



<https://www.lookalikesandcharactersentertainment.com>

March Mom's Night In

Nailed It! MNI

Thursday, Mar 25, 9pm

Nailed it! Have you seen the Netflix show where amateur bakers compete to recreate complicated cakes? (If not, you should - it's very entertaining!)



Well, it's time to do our own Mom edition of Nailed It using play doh. During the MNI, you will be shown different play doh creations that you will be asked to recreate in a certain time period. Then we will all vote on our favorite! Winner gets an Amazon gift card

All you will need is some play doh to participate. We will post recommended play doh colors before the event but any colors would work!

March Schedule

We will continue to partner with FIT4MOM Beachwood-Shaker Heights and FIT4MOM Cuyahoga Falls-Stow-Kent through the month of March to bring you a variety of virtual fitness classes.

There will be some changes to our schedule, however, as outlined below:

- Effective March 1 we will no longer offer the Thursday morning Strides 360 virtual class.
- If the temperature is above 40 degrees, we will add an outdoor Body Boost class on Saturday morning. We will continue to offer the virtual format on Tuesday night and Saturday morning.
- Once Spring weather arrives and the temperature rises above 50 degrees, 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 March.

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		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	1:00 PM Nap-Time Workout	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		

Introducing Our New Owner!

I have been the owner of FIT4MOM Hudson, Twinsburg & Solon for nearly three years, and the time has come for me to move on and allow a new leader to rise up. We need someone who will bring fresh ideas and energy to this community of mamas, and I believe that the perfect person has stepped forward.



**I am thrilled to introduce your new
FIT4MOM HTS owner, Amy
Hoover!**

HUDSON
TWINSBURG
SOLON

Amy will be an amazing owner because she loves FIT4MOM, it has left a positive and meaningful impact on her life, and she cares deeply about our village. And Amy knows this business well – she has been a member for almost 3 years, attends nearly all of our classes, and you all already know and love her! I feel very confident passing the baton to her.

I'm sure you all are going to have a lot of questions so I'll try to answer some here. Please know that you can always reach out to me with additional questions and concerns at any time.

QUESTION: When will the transition happen?

ANSWER: The end of April. Over the next two months I will be working with Amy to onboard her so that we have a smooth transition of ownership.

QUESTION: Are you selling because of COVID?

ANSWER: No. While this past year has been incredibly difficult and stressful, this Village has been a source of light during that time. My three year contract with FIT4MOM was coming to an end, and I made plans with my family to sell the business before the pandemic.

QUESTION: Will you still be a part of the community?

ANSWER: Yes! I love FIT4MOM and I'm not going anywhere. I will teach classes when Amy needs me. I will also stay on as a consultant to help with the transition. And I look forward to taking FIT4MOM classes as a client again!

QUESTION: Will our instructors change?

ANSWER: The instructor team that you know and love are on board and very supportive of the new ownership. While Amy will begin to teach some of the classes, Emma and Sisily will stay on as instructors as well.

QUESTION: Will everything change?

ANSWER: Nope! Amy has been part of this Village for the past 3 years, and she loves it just as you do. She plans to grow and nurture this business the same way I did. We are all working together behind the scenes to make sure the transition is as smooth as possible for all of you.

I am so beyond grateful for my time as owner of FIT4MOM HTS. It is an experience that I will always cherish – primarily because of all of you and your kiddos. I cannot thank our community of mamas and my team enough for all of your continued support. I look forward to standing on the sidelines and seeing where Amy takes this business, as I know there are only good things to come.

XOXO,
Julie



Mama of the Month

Meet Olivia Potash, our March Mom of the Month!

This series features a different mom in Our Village each month.

Tell us about your family: My husband Daniel and I have been married for 6

years. Our son Omri will be 3 in April and our dog BiBi is 5.

Hometown: I grew up in Toledo. My family and I currently live in Twinsburg.

Current/previous career: Intervention Specialist

What does motherhood mean to you? Motherhood to me means getting to experience life's milestones all over again through the eyes of a child, and it's a beautiful thing.

How did you find FIT4MOM? My dear friend Sharon!

What classes do you currently attend and why do you love them? Stroller Barre and Stroller Strides. I love the small but powerful movements of Barre and the upbeat, challenging aspects of Strides.

How has FIT4MOM changed your life? FIT4MOM has given me a safe place to work out amidst the pandemic, the motivation to work out through the live virtual platform, and a community of amazing mamas.

Favorite exercise: Anything that's not a plank!

Proudest moment: Attending multiple protests this past summer with my family to take a stand against systemic racism.

What's one thing you would go back and tell yourself as a new mom? Live in the now. Soak up the infant and baby stage. When people tell you it goes by fast, they're right. And before you know it, your baby is 3.

Olivia, 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!



Empowering a Village of Mamas through FIT4MOM

Written by Julie Butt

Almost 4 years ago my family moved to Ohio from Boston for my husband's job. Our oldest son was one year old at the time, and I had only one friend in the area. We had made the decision that I

would take some time off from working as a pediatric physical therapist, so I was also new to being a stay-at-home mom. While I cherished the time spent at home with my boy, I felt very isolated and craved social interaction with other adults. I would talk my husband's ear off when he got home as my only conversations throughout the day were with my 1 year old (who was not the best listener). I also found it difficult to fill our day with



activities and keep him entertained. Through a twist of fate, I was at a park one day with my son when I was approached by previous owner, Kara, about joining FIT4MOM Hudson, Twinsburg & Solon. While I wasn't sure what to expect, I thought I would try it out. The first class is free, so why not?

I will always remember my first Stroller Strides class. It was on Halloween and I was so nervous walking in. I didn't know anyone, and I had no clue how my son would act during the class. To my surprise, all of the moms were super welcoming and my son made it through the class without losing his mind (lots of snacks...that is the secret). I also found everything I didn't know I needed – good exercise that left me feeling sore but refreshed, social interaction with other mamas, play time for my son, and an activity that took up most of our mornings every Monday, Wednesday and Friday. Oh and did you know these moms do monthly Mom's Night Outs – without kids? Count me in! I was hooked!

After about 4 months, the owner of FIT4MOM Hudson, Twinsburg & Solon announced that she was selling the business. Without a second thought, I messaged her that I was interested. I was 8 months pregnant with my second child, had no experience as a fitness instructor or business owner, and had no idea how I would make it work, but somehow I could not let this opportunity go. My husband and I took a leap of faith and it has given my family and I more than I could have ever imagined.

When I became owner of FIT4MOM Hudson, Twinsburg & Solon, I can honestly say that I thought it would just be a nice way for me to get some exercise and bring in some extra income for my family. On the surface, FIT4MOM provides fitness classes for moms of all ages and stages. Yes, that is true. Our instructors are trained in pre-natal and post-natal fitness and our classes are geared specifically to moms. What I quickly learned, however, is that all of FIT4MOM's programs have an unanticipated outcome that is perhaps more valuable than the classes themselves.

Our Stroller Strides program provides moms a venue to exercise without needing child care and also gives them and their kids opportunity for social connection and interaction. The bonus is the mom to child connection that is created as the children watch their mothers put their health as a priority through exercise. I have witnessed countless children imitate their mothers performing squats, planks or push-ups. What better way to be a role model for your children than to show them how to stay strong and healthy?

Our Run Club+ program helps moms train for a race, whether they have never run a 5K before or have never run farther than a 5K or 10K. With the help of our Run Club+ coach and community of mamas, these women set a goal, make a plan and stick to it until they cross that finish line. And doing so provides them with a huge sense of accomplishment and self-confidence that they can carry into other aspects of their life.

Our Body Well program focuses on improving mom's physical and mental well-being

through fitness classes, nutritional guidance, and weekly challenges. It is not your typical weight-loss program, however. Do moms lose weight? Yes, that is often the outcome. But the more important effect of Body Well is that it teaches our moms the importance of self-care and how to get back to (or start) a wellness routine. And by taking care of herself, she is better able to take care of her family.

There are a lot of instances on social media or television where women are judging each other or moms are being shamed for how they choose to raise their children. I can honestly say that I have never felt or witnessed any type of judgment in our Village of mamas. I have been inspired by every woman in this group, and these moms are there for each other no matter what. There is no judging, there is no shaming, there is no comparing. There is just support, love, and compassion. I have listened to women be honest about their mental health instead of painting a perfect picture of motherhood, and I have seen other women let them know that they are not alone. I have watched women cheer each other on and lift each other up when they are down. Being a mom is an extremely difficult job, one that you can never fully prepare for, and having a supportive village of other moms around is essential in that journey.

When the COVID-19 pandemic began, I wasn't sure how I was going to make it work. But we adapted quickly by transitioning to a virtual platform for all of our classes and events, and our moms kept showing up. We leaned on each other during the most difficult of times, and my FIT4MOM Village is one of the main things that kept me going over the past year when I really just wanted to give up. It wasn't easy though, and I grappled with a sense of guilt and responsibility to reach out to and help each mom who was struggling with their mental health. Then one day, one of our moms posted in our Village Facebook group that she was having a hard time, and I watched as one comment after another came in with incredible messages of support, love and encouragement. And then it hit me – it is not on me to be the sole pillar of support for each of these women. My role is to create and preserve this group of moms, teach them how to take care of their physical and mental health, and provide them a place where they can express their true feelings, thoughts, and fears - and in return they get nothing but unconditional love. That will always be my greatest accomplishment from my time as owner of FIT4MOM Hudson, Twinsburg & Solon.

Check out more inspiring blog posts at [ReelChat](#); a women's mental health and wellness blog, founded by FIT4MOM member Caitlin Lagnese.

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

LEARN MORE

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FIT4MOM

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