




NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



Class Schedule

	FIRST CLASS IS ALWAYS FREE!					
	MON	TUES	WED	THURS	FRI	SAT
The Chapel at Tinkers Creek	9:30 AM Stroller Strides		9:30 AM Stroller Strides		9:30 AM Strides 360	
Hudson Montessori School	6:00 PM Stroller Strides	7:00 PM Body Boost				
Virtual Schedule		7:00 PM Body Boost	7:00 PM Strides 360	6:00 PM Stroller Strides (Beachwood/ Shaker Hts)		8:00 AM Body Boost

Announcements

Please Note: There will be no evening Strides 360 class on Wednesday, November 24, no evening class on November 25th and no Stroller Strides class on Friday, November 26th.

Our New Indoor Location

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

Events & Happenings



Pierce Streetsboro Library Story Time

Wednesday 11:00 am

November 3

November 10

November 17

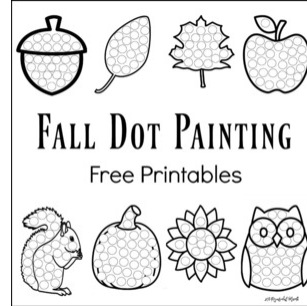
Join us on Wednesdays immediately following Stroller Strides for Family Story Time at the Streetsboro library. Please register on their website if you plan to attend.

<https://www.portagelibrary.org/content/streetsboro-family-storytimes>

Fall Dot Painting

Friday, November 5th

Enjoy a toddler-friendly fall dot painting craft!



Akron Children's Museum

Thursday, November 11 9:30

Join us as we play and explore our way
through the Akron Children's Museum!

Mom's Night Out Sip and Shop @ Schell Bell Boutique

334 E Garfield Road, Aurora

Thursday, November 11, 7pm



Join FIT4MOM HTS Thursday evening for a private shopping event! Pick up something special for yourself, or get an early start to your Holiday shopping while supporting a small, local business. Snacks and wine will be provided for your enjoyment.

Sip and Shop

Turkey Craft

Monday, November 22

10:30



Join us after class to make this adorable, toddler-friendly turkey!

Stroller Strides/Stride 360 Open House and Brunch

Monday, November 29 9:30

We are moving our favorite event indoors!



Join us for a FREE mash-up class to sample all that FIT4MOM HTS has to offer! Stay after class for brunch, conversation, and play time for the kiddos! Coffee will be provided, please bring a dish or snack to share with everyone. Bring the kiddos or come by yourself (or with a friend)- everyone is welcome!

Open House Brunch

Mama of the Month

Meet Megan, our November Mama of the Month

Tell us about your family.

My husband Joe and I have been together for 13 years. We live in Stow with our 11 month old son Wesley and our rescue dog Frankie.

How did you meet your husband?

We worked together at Bellacino's in Stow while we were in college.

Where are you originally from?

Kent, OH

Tell us about your current or previous career.

I am the Sales Operations Manager for the Foodservice and Commercial Real Estate Sales Teams at GOJO.

What's on your Bucket List?

I want to backpack through Europe

Who is your celebrity crush or celebrity BFF?

Dwayne "The Rock" Johnson



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

Milk and cereal (I was literally eating a box of cereal a day :))

Where is your favorite place to travel?

The beach - I am not picky about the beach, I just love the ocean

What is your favorite hobby?

Reading and hiking

What does motherhood mean to you?

Being a mom is a choice that you make everyday - you wake up and you put someone else's needs above your own. You have to teach this tiny human how to do everything, all of the hard stuff, the difference between right and wrong, even the things that you don't know yourself, all while giving enough space for them to grow on their own and become their own person. It is providing unconditional love and support so even when everything is a mess, you know that you are doing the best you can to raise someone you are proud to call your kiddo.

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

Katie Keba and I went to high school together; I always saw her posting about how amazing FIT4MOM is and I decided to join Summer Run Club with her. I am now in my 2nd session of Body Well and I love it!

How has FIT4MOM changed your life?

Body Well has given me accountability and consistency! I love Body Boost and it's the push I needed to really get back "to it" after having my son.

What is your proudest moment as a mom?

We're so proud every time Wes accomplishes anything new, waving, high fiving, mama and dada, etc. Hearing the first mama was probably the proudest moment so far.

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

Chill the eff out and just do what works for you. Everyone is going to have an opinion and a best practice but just because it worked for them doesn't mean it's going to work for you and your baby. I would also say thank you for splurging on the BOB Stroller, that thing is a life saver!

Megan, we are so happy to have you as a part of our Village and can't wait to watch you continue to crush your goals!

FIND A CLASS

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

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