



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



We can't wait to see you!

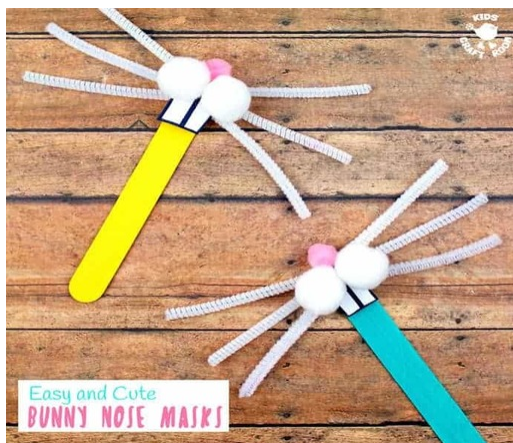
We will be sticking with our indoor schedule for a few more weeks.
Look for an email towards the middle of April with outdoor class info.



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

Events & Happenings



Bunny Nose Mask Craft Wednesday April 6

10:30 am Chapel @ Tinkers Creek

Join us after class to make this adorable
little bunny mask!

[Bunny Mask RSVP](#)

FREE
Stroller Strides Open House
Monday, April 11
9:30 am (Tinkers Creek)



6:00pm (Hudson Montessori)

Daytime and evening mamas! Finally EVERYONE has a chance to attend an Open House! Are you interested in trying a class but just haven't gotten around to it? Afraid you'll be the only 'new' mom in class? Have no fear, our Open House is here!

Join other new-to-FIT4MOM moms as well as seasoned mamas for TWO special Stroller Strides classes, once in the morning and once in the evening. Stay after class for conversation, a rock painting craft, and playtime for the littles. Come see what our FIT4MOM Hudson, Twinsburg, Streetsboro Village is all about! This class is FREE for everyone! Bring a friend and join us!

Stroller Strides Open House



Body Boost Open House

April 12, 7:00 pm

Hudson Montessori School

👉 Workouts are better with your mom squad by your side. If you're

looking for a group of mamas that support, understand, and motivate you to be the best version of you then join us for our FREE Body Boost Open House!

Combining cardio, strength, core, and meditation, Body Boost™ is the perfect workout for your mental and physical health. Body Boost™ is a 60-minute results-based, high-intensity interval training (HIIT) class designed to challenge, empower, and energize, leaving you feeling refreshed and recharged for motherhood and all that comes with it.

Body Boost Open House

Peep Houses

Friday, April 15

10:30 am

We may have had to cancel our gingerbread house play date this winter, but now we get a second chance!

a second chance! Get ready for lots of sticky, sugary fun as we make this sweet little house!



Peep Houses



Egg Hunt

Monday, April 18

10:30

(Location TBD)

Join us after class and let the littles hunt for eggs! Please bring a bag or a basket.

Mom's Night Out Sushi Night

Thursday, April 21

6:30pm

Samuri Japanese Steak House

We've talked about getting sushi for AGES, so we're finally doing it! Join your favorite mamas for a fun night out! We'll be eating at Samurai Japanese Steak House in Aurora. (If you're a sushi newbie or don't care for sushi, there are plenty of other options on the menu!) Please RSVP so we can provide the restaurant with an accurate head count!





Cafe O'Play Play Date

Friday, April 20

11:30 am

After class, join us at Cafe O'Play in Stow for a fun afternoon of climbing, sliding and playing! To ensure there is space for you to play, reserve your spot online at Cafe O'Play's website!

Cafe O'Play Play Date RSVP

Chick Fork Painting

Wednesday, April 27

10:30am

(Location TBD)

Stay after class today to make this little painted cutie!



Mama of the Month

Meet Carla, our April Mama of the Month

Tell us about your family.

Adam is my husband, we have been married for 12 years. We have 2 girls, Zoey (8) and Demi (3) and a cat named Leo.

How did you meet your husband?

We went to middle & high school together. We didn't really talk until we became great friends in

our 20's. We were inseparable for almost 2 years before we decided to make it official!

Where are you originally from?

I am originally from the Bainbridge, OH area. But I have lived in Aurora most of my life.

Tell us about your current or previous career.

I am an Interior Designer (CMH Design, LLC) & Real Estate agent (Keller Williams Chervenik Rlty). I have been in the construction & design industry for over 17years.

What's on your Bucket List?

To Travel the United States in our RV

Who is your celebrity crush or celebrity BFF?

Ryan Reynolds for his sense of humor

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

Fruit

Where is your favorite place to travel?

Encinitas, CA

What is your favorite hobby?

Camping/ Anything that involves nature

What does motherhood mean to you?

LOVE. Unconditional, Profound, imperfect, messy, beautiful love.
Guidance and acceptance. Helping your children become who they are as an individual and guiding them to be good, honest people.

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

I found FIT4MOM about 8 years ago. I just had Zoey and saw a group of moms doing workouts with strollers, and thought "what a cool concept"
Fast forward a few years and after having my 2nd child, I decided to give it a try. (With some help from Amy) I mostly do Body Well/ Body Boost. I love the HITT workouts and meditation. The mama community is a huge added plus!

How has FIT4MOM impacted your life?

Fit4mom has made me make time for me without the mom guilt.

What is your proudest moment as a mom?

When my girls have the confidence to conquer their fears.

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

Time goes SO fast. Live in the moment

Questions for kiddos!

How old is Mommy?

Zoey- 36



Demi- 9

What's something Mommy always says?

Zoey-I love you

Demi-Go Away ☐

What is mom really good at?

Zoey- Cleaning the house

Demi-Working

What's mom's favorite thing to do?

Zoey-Cuddle with us

Demi-Eat Dinner

What makes you proud of your mom?

Zoey- How well she cooks

Demi-Swimming

Carla we are so happy to have you in 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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