



**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

Virtual Link

If you are unsure which classes are included in your plan, please reach out to Amy.

ALL FIT4MOM HTS Classes

Meeting ID: 922 4612 6150

Passcode: fit4mom

Our Wednesday evening Strides 360 class will return at the end of Summer!

Events & Happenings

Donut Craft

Friday, June 3

10:30

Glen Meadow Park



In celebration of National Donut Day, join us after class to make the sweetest little craft, sprinkles included!

Donut Craft



Mini Stroller Strides Playdate

Monday, June 6

10:30

Streetsboro City Park

Join us for a mini Stroller Strides play date! Bring a toy stroller, shopping cart, or other push toy with you for your little one(s) to use and we'll lead them through a mini workout- just like mama!

Mini Stroller Strides

BINGO Night Moms Night Out

North Water Brewing
Wednesday, June 8 6:30 pm



We had a BLAST last month, so back by popular request- it's Bingo Night! It's free to play, but donations are always appreciated (and given back to the community). Please bring a munchie to share with the table. Bingo starts at 7, but come early to get a seat- it gets busy quickly!



Aurora Kids Day

Sunday, June 12

12:00- 3:00

FIT4MOM HTS will be here with a booth! Stop by and say hello! Spend the afternoon with us at this FREE

event with fun activities for the whole family! Some activities include:

- Bouncy Castle & Slide
- Kids Yoga
- Meet creepy crawler reptiles from the Moebius Nature Center
- Crafts & activities for kids
- Games
- Nero the Police Dog + Aurora police & fire trucks

Aurora Kids Day

Fun at First and Main Animal Facts with the Metro Parks

Tuesday, June 14,

10:00 am

Meet up with other moms from our Village at this fun, FREE event in Hudson! More information can be found at the link below.



Fun at First and Main

Dad-urday

Saturday, June 18

10:30

Glen Meadow Park



DAD-URDAY SATURDAY

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 Jungle Terry and His Animal Friends

Tuesday, June 21

11:00 am

Meet up with other FIT4MOM mamas and kiddos for this fun, free event! More details at the link below.



Pinecrest Play Dates



Family Night Out Akron Rubber Ducks

Friday, June 24

7:05 pm

Join FIT4MOM HTS for a fun family night at the ballpark! Watch the Akron Rubber Ducks take

on the Harrisburg Senators. Stay after the game for fireworks!

Tickets are limited. Use the button below to purchase your tickets!

Akron Rubber Ducks

Rocket Pop Footprint Craft

Wednesday, June 29

10:30

Streetsboro City Park

Celebrate National Rocket Pop day with this footprint craft that is Red, White, and Cute!



Rocket Pop Craft

Mama of the Month

Meet Lisa, our May Mama of the Month

How did you meet your husband? Through his sister

Where are you originally from? Rocky River

Tell us about your current or previous career. Interior designer

What's on your Bucket List? Hawaii

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

Where is your favorite place to travel? Florida



What is your favorite hobby? Home Goods and crafting, repurposing items or rearranging things in the house

What does motherhood mean to you? Being there 24/7 for them to nurture them and being able to teach them anything

How did you find FIT4MOM? What classes do you currently attend and why do you love them? When I lived in Chicago. I attend most classes, love that the kids get to be incorporated

How has FIT4MOM impacted your life? Gets me out of bed and starting the day with a schedule

What's one thing you would go back and tell yourself as a new mom? Don't stress about always doing the right thing or what you hear or read from a text book

Lisa, we are so happy to have you in our Village, and can't wait to watch you continue to thrive!

FIND A CLASS

FIT4MOM Hudson, Twinsburg, Streetsboro
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