



NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



HUDSON
TWINSBURG
SOLON

DECEMBER NEWSLETTER

Happy Holidays!



Events & Happenings

December Play Date

Virtual Play Date with Elsa: Thurs,
Dec 3, 10:00am

Join us on Zoom for a fun virtual play date with Elsa from Frozen! Your little one will love singing songs, listening to story-time, and chatting with one of their favorite characters, Elsa!



Holiday Cookie Exchange: Fri, Dec
11, 11:30am

Want more variety in your holiday cookie spread? We got you, mama! Bake a batch of your favorite cookie and bring them to Glen Meadow Park on the 11th between 11:30am-12:30pm. Then on the 12th, come and pick up your repackaged bundle of cookies from Heather's porch. Please respond "going" by the 9th so that we know how many cookies each mama needs to bake. Thanks in advance!



** Repackaging will be done with disposable gloves and lots of sanitizing!

December Mom's Night In

Secret Santa Gift Exchange: Fri,
Dec 18, 9pm

Join us for a secret gift exchange! If you'd like to participate, please sign up on elfster by December 11th. Sign on to zoom on December 18th to open gifts, sip eggnog and chat! Gifts may be delivered in person, or sent directly via Amazon or any other retailer (just make sure to double check shipping times). You can also help out your secret gifter by making a wishlist to give her ideas.



December Family Day Out

Polar Blast Tubing: Sat, Dec
19, 11am

Have the hubby bundle up those kiddos and help you herd them into the car because we are going tubing at Brandywine! Pricing has not yet been released for the season but will be posted as soon as it is available.



More information can be found

here: <https://www.bmbw.com/explore-the-resort/activities-and-events/polar-blast-tubing.aspx>

December Mom's Night In

Holiday Craft: Mon, Dec 21, 9pm

Log on to Zoom for some crafting and conversation! Here's how it will work: Between December 1st and December 7th, place your craft box order with Mama's Little Craft Room. Then, on December 15th, you may either pick up your craft box in Aurora, or wait for it to be shipped to you (you will receive an email with the pick-up address). On the 21st, log on and create with us!



This craft will be November's craft (there is a photo of the finished product if you follow the link below) which is Christmas themed.

To order your craft box, head to this address:

<https://checkout.square.site/buy/RCURH6YSA2F2I6ZQBTGRM6UI>

This craft box is usually part of a subscription, but the owner has very kindly set up a link for us to buy only one without subscribing.

December Schedule

Due the rising number of COVID-19 cases in our area, we feel that it is in the best interest of you and your families to cancel all of our in-person fitness classes for the month of December. We will follow the below virtual schedule. As we get closer to January, we will re-assess and determine if we will resume our indoor classes at that time.

We know it will not be easy returning to a fully virtual format, but we have partnered with FIT4MOM Beachwood-Shaker Heights and FIT4MOM Cuyahoga Falls-Stow-Kent to bring you a variety of classes, and your FIT4MOM HTS team has planned plenty of fun virtual challenges and activities for the remainder of the year!

We have come so far and we can get through this....separate but together.

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

We would love for you to join us, mama!

 Virtual Schedule	FIRST CLASS IS ALWAYS FREE!					
	MON	TUES	WED	THURS	FRI	SAT
	9:30 AM Stroller Barre Lyndsey	1:00 PM Nap-Time Workout Lyndsey	9:30 AM Stroller Strides Julie	8:00 AM Strides 360 Emma	9:30 AM Stroller Strides Sarah	8:00 AM Body Boost Emma
	6:00 PM Stroller Strides Julie	7:00 PM Body Boost Emma	7:00 PM Strides 360 Julie	7:00 PM Stroller Barre Lyndsey		

Holiday Schedule

Here is our class schedule for the week of Christmas and New Year's Eve. We will not have any classes from Thursday - Saturday each week.

Although your traditions may look a little different this year, we hope that you are able to enjoy the holidays with your family and bring on a New Year filled with joy, love and peace.

CLASS SCHEDULE - December/January 2020



MON	TUES	WED	THURS	FRI	SAT
21 9:30am Stroller Barre ----- 6:00pm Stroller Strides	22 1:00pm Nap-Time Workout ----- 7:00pm Body Boost	23 9:30am Stroller Strides ----- 7:00pm Strides 360	24 NO CLASSES	25 NO CLASSES ----- Merry Christmas!	26 NO CLASSES
28 9:30am Stroller Barre ----- 6:00pm Stroller Strides	29 1:00pm Nap-Time Workout ----- 7:00pm Body Boost	30 9:30am Stroller Strides ----- 7:00pm Strides 360	31 NO CLASSES	1 NO CLASSES ----- Happy New Year!	2 NO CLASSES

12 Days of Fitness

We will be raffling off a special gift at **TWELVE** of our virtual fitness classes from December 1-24.

The 12 classes will be picked at random and we will tag the winner on social media after each class.

Make sure to follow us on Facebook and Instagram to claim your prize!



Give the Gift of Fitness

Want to give the gift of fitness to a mama friend this year? Do you have

a friend who has wanted to try out our classes?

Gift four of our fitness classes to a friend for only \$20! That's \$5 a class!

Available December 1-31.

Email [Julie](#) to purchase.

Gift is valid for new clients only (not attended class within 12 months).



Body Well™ Winter Session

2020 has been a crazy and stressful year. Start 2021 off right by re-committing to your mental and physical health with our Body Well™ program. Wellness comes in all shapes and sizes; at all ages and stages of motherhood. Moms need resources for their mental and physical health, and they need a community.



Body Well™ is an 8-week journey with a focus on nutrition, movement, mindfulness, body positivity, and self-love. It includes weekly challenges and daily social prompts, seasonal online nutrition guides, twice weekly Body Boost fitness classes, and client journal. It's exactly what moms need right now, no matter their season of motherhood.

Join us for our next 8 week session of Body Well™

January 3rd – February 27th
Tuesdays 7PM & Saturdays 8AM
Registration now open!

[SIGN UP NOW](#)



Mama of the Month

Meet Amanda Boots, our December Mom of the Month!

This is a series where we feature a different mom in Our Village each month.

Tell us about your family: I'm a mom to Grayson (1) and Piper (2.5), a stepmom to Vincent (13) and live in Hudson with my Husband (Don), and our two cats (Fefe and Whiskey).

Hometown: I was born in Erie, Pa where I lived for 11 years before moving to Hudson!

Current/previous career: I'm a full time Graphic Design/Product Design for American Greetings. I'm currently working from home, designing cards for Target!



What does motherhood mean to you? Motherhood is *letting go* - of expectations, of rules, of things I used to do, of plans, of keeping up on all the chores, of my own feelings, of being on time - and being open and accepting to all the crazy curve balls that babies and toddlers and teenagers throw at me (those balls are thrown DAILY). It definitely shines new light into things I took for granted before, like WOW do I value a quiet evening with my husband like never before. Also, WOW I had no idea I even had this much pride and love in my heart to give.

How did you find FIT4MOM? Instagram!

What classes do you currently attend and why do you love them? I do the once a week pass for Stroller Strides - I usually go Monday or Friday - whichever day is better with my work schedule. I love this class. I get a nice workout in for myself, I get time with my babies, chat with the moms, and playtime with the kids (even if that's on Zoom these days!). It's a nice way to take up the mornings!

How has FIT4MOM changed your life? It has given me a lot. It's given me a place to take my kids when I was feeling stuck at home, it's given me a place to feel like I'm doing something good for myself and my kids, it has given me (and my kids) new friendships, introduced me to moms I can relate, chat, ask advice, and vent with.

Favorite exercise: Anything sitting, I'm actually really lazy. Crunches!

Proudest moment: Well I'm pretty proud that back in March with the shut down, while all 3 kids were home, and we got sent to work at home, I managed to keep up with work full-time, nurse a baby, change 2 kids in diapers, prepare to sell our house & move, provide sustenance 3 times a day, AND had ample time to panic about the pandemic. Showering was optional. That was a lot.

What's one thing you would go back and tell yourself as a new mom? Stop googling everything!! There is so much advice and ways to do things, it can be incredibly overwhelming.

Questions for kiddos (Vincent, 13):

How old is Mommy? "41" (I'm 33.)

What's something Mommy always says? "I don't pay attention to what you say." (-.-)

What is mom really good at? "Never being mad"

What's mom's favorite thing to do? "Art"

What makes you proud of your mom? "Your ability to handle the babies"

Questions for kiddos (Piper, 2):

How old is Mommy? "Mama, How old is you?"

What's something Mommy always says? "No."

What is mom really good at? "Nuffin."

What's mom's favorite thing to do? "Daddy Chocolates are your favorite!!" (NO! They are literally called DADDY CHOCOLATES.)

What makes you proud of your mom? "I'm done with this." (UGH.)

Amanda, 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!

FIT4MOM Holiday Gift Guide

Written by Shelley Hopper

It's the most wonderful time of the
yearrrrr!

FIT4MOM's annual gift guide is here!

Whether you're in need of gift inspo
for your BFF, want to study up on
what's trending for dads, or send your
better half a nudge (*hint: forward
them this link), our gift guide has
something for everyone.

GIFTS FOR

Mom



HOLIDAY GIFT GUIDE

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

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