



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

Please Note: There will be no classes Christmas Eve and Christmas Day,  
as well as New Years Eve and New Years Day.

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# Events & Happenings

## Sensory Bin Play

Wednesday, December 8, 10:30

Join us for some sensory play after class! Little ones will enjoy mixing, scooping, and dumping!



## Mom's Night Out Going Away Party

December 9th, 6:30pm

The Brew Kettle Hudson

Our dear friends Jess Whiffin and Lynzie Haywood are both moving towards the end of December. Help us celebrate our friendships and send them off with one final get-together. We'll meet on December 9th at 6:30 at Brew Kettle in Hudson for dinner and drinks. If you can't make it at 6:30 stop by any time until 9:00 for a drink and to say goodbye!



## Cookie Decorating

Friday, December 17, 10:30

Stay after class for an oh-so-sweet playdate! Cookies, frosting and sprinkles will be provided.

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## Polar Express PJ Party

December 22, 9:30

Join us for a Polar Express themed class! Wear your pajamas (kids and mamas too, if you'd like!) Stay after to enjoy a Polar Express storytime and a yummy cup of HOT! HOT! HOT! HOT CHOCOLATE!



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## Mama of the Month

*Meet Heather, our December Mama of the Month*

**Tell us about your family.**

Our little family consists of my husband Colin, our daughter Audrey (4.5 months)

and our fur baby Molly Monster 🐱

**How did you meet your husband?**

My husband Colin and I met at Ashland University on the first day in Communications 101. We dated for a few weeks before the end of Freshman year but parted ways amicably during the

summer and remained friends. Fast forward 8 years and we reconnected while I was at a teaching conference in Cleveland. We officially started dating again February 2013, engaged in August and married that November. What can I say, when you know you know!

**Where are you originally from?**

Bryan, Ohio home of the Dum Dum lollipop(Spangler's Candy Company) and the Etch-a- Sketch (Ohio Arts)



**Tell us about your current or previous career.**

I am a teacher who specializes in working with students with disabilities. I have worked as a general education teacher for kids in kindergarten through 2nd grade as well as an intervention specialist in grades 4/5 for several years. I now work with small groups at Streetsboro High School and Middle school.

**What's on your Bucket List?**

- Travel the World (Top 3- Hawaii, Italy, New Zealand)
- Learn to make macarons
- Become a better Gardner (I joke that plants come to our house to die)

**Who is your celebrity crush or celebrity BFF?**

Ryan Reynolds

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

Sizzling Jelly aka red hot jellybeans

**Where is your favorite place to travel?**

To visit family now that I am older, but when I was a kid my favorite place was Biltmore Estate in North Carolina.

**What is your favorite hobby?**

To bake!

**What does motherhood mean to you?**



Motherhood is one of the most humbling and profound experiences that I have been blessed with. It's crying in the shower because your sleep deprived, but staying up to watch your child sleep. It's a balance of daily sacrifices. Motherhood is graciously listening to the advice of others but knowing that your "mom" gut means more than what anyone can say. It's being your child's safe haven, cheerleader, nurse, cook and so much more. I believe motherhood will be the greatest journey of my lifetime.

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

I stumbled upon FIT4MOM while searching out mom groups on Facebook. Currently, my daughter and I attend morning Stroller Strides classes on Monday, Wednesday and Fridays. I am in love with the classes because of the relationships that I have built with the other moms and kids all while getting in an incredible workout!

**How has FIT4MOM impacted your life?**

FIT4MOM has allowed me to connect with other moms in a fun and active way. The question to start class helps with connections and often times many laughs. It has made maternity leave less lonely and monotonous by helping to create a schedule that gets us out of the house. It has given my daughter social opportunities to meet other kids. The fitness aspect has allowed for a smooth transition to getting my body up and working out again. I love how the rotations are supported with modifications especially if my daughter is fussy. I can wear her in a carrier and still get a great workout. My favorite part of class is how as a village of moms we watch everyone's kids as they run around and play together during crafts while we have meaningful conversations.

**What is your proudest moment as a mom?**

Learning to speak my daughters language even though she can't actually talk. Its amazing how you just know what your kids want. Also anytime we get to a place early or on time!

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

Don't be afraid to ask for help and be direct with your spouse on what you need.

***Heather, 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!***

FIT4MOM Hudson, Twinsburg, Streetsboro  
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