



**NEW & NOTEWORTHY HAPPENINGS IN  
OUR VILLAGE**



HUDSON  
TWINSBURG  
SOLON

## **SEPTEMBER NEWSLETTER**



## **Events & Happenings**

**September Mom's Night In**

Virtual Fall Wreath-making: Thurs,  
Sept 24, 9pm

We may not be able to get together in person for a Mom's Night Out, but we can still enjoy some wine and mama chat virtually. Join us for a fun Mom's Night In to create a beautiful Fall

burlap wreath (pictured). There will be a small cost for materials (TBD) and they will be delivered to you prior to the MNI. All mamas welcome!



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## September Class Schedule

During the month of September, we will continue to offer in-person Stroller Strides and Strides 360 classes as well as plenty of virtual workouts in all of our class formats.

NOTE: No classes on Labor Day - Monday, Sept 7

Our Body Boost and Strides 360 (Wed evening) Summer Series ends the week of Sept 6. But don't worry, these class options will be back in October!

**Stay tuned for NEW membership options!**

View our Outdoor Class Reopening Policies [here](#)

To try out a FREE fitness class, whether virtual or in-person, fill out this [form](#)

*We would love for you to join us, mama!*



**FIRST CLASS IS ALWAYS FREE!**

	MON	TUES	WED	THURS	FRI	SAT
<b>GlenMeadow Park Twinsburg</b>	9:30 AM Stroller Strides		9:30 AM Strides 360		9:30 AM Stroller Strides	
<b>Hudson Montessori School</b>	6:00 PM Stroller Strides/ Strides 360					
<b>Virtual Schedule</b>	9:00 AM Stroller Barre		9:00 AM Stroller Strides		9:00 AM Stroller Strides	8:00 AM Body Boost
		7:00 PM Body Boost	6:00 PM Strides 360	6:00 PM Stroller Strides		

Notes:

1. On bad weather days, outdoor classes will move to virtual format.
2. All virtual classes will be offered on Zoom. Links provided to current members.
3. Monday evening workouts will alternate between Stroller Strides and Strides 360 each week.

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## Introducing Body Well™

We have never believed moms need to get their "body back" after pregnancy; the postpartum chapter is a time women need support and nourishment more than ever. Wellness comes in all shapes and sizes; at all ages and stages of motherhood. Moms need resources for their mental and physical health after childbirth, and they need a community.



We are thrilled to introduce you to Body Well™. Like Body Back, it's an 8-week journey, but with a fresh spin. The program core remains the same, with a focus on nutrition, movement, mindfulness, body positivity, and self-love. But we've evolved it to include weekly challenges and daily social prompts, seasonal online nutrition guides,

new class plans, and updated client journal. It's exactly what moms need right now, no matter their season of motherhood.

## Join us for our first 8 week session of Body Well™!

September 29th – November 21st

Tuesdays 7PM & Saturdays 8AM

More Details Coming Soon!!

Registration opens on September 15th

I'M IN!

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## FREE Body Boost Preview Class

Join us for a FREE Body Boost Preview Class! Sample our revamped high-intensity interval training (HIIT) workout designed to challenge, empower and energize you. Combining cardio, strength training, core work and meditation, this total body workout will boost your physical and mental well being. This 60-minute class is just for you and will leave you feeling refreshed and recharged for motherhood and all that comes with it. This class is for mamas of all ages and stages and is for mamas only (leave the kiddos at home!)



Tuesday, September 15, 7-8PM

You can attend in-person at East Idlewood Park or virtually on Zoom.

REGISTER NOW (IN-PERSON)

REGISTER NOW (VIRTUAL)

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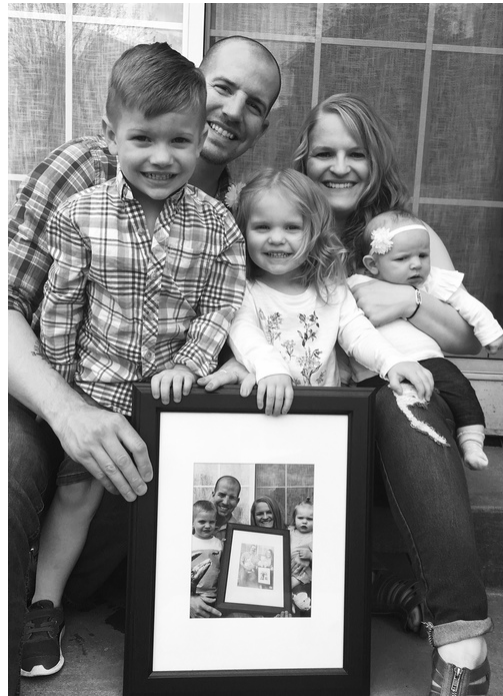
## Mama of the Month

Meet Emma Kennell, our September Mom of the Month! She is also coach of our Body Well and Run Club+ programs and instructs Strides 360 and Body Boost classes.

**Tell us about your family:** I live in Stow with my husband, Brian, and our three littles, Jackson (5), Sophie (3), and Penny (1). We also have a gentle giant dog named Boots and a sweet but salty kitty named Jasmine.

**Hometown:** I was born in the United Kingdom but moved to Northeast, Ohio in 1998 and have stayed here ever since.

**Previous career:** Prior to March of this year, our family owned a boutique in Kent for almost 8 years-it was a huge part of our lives and we loved every second of it but as you all know, life after kiddos changes things. When our lease expired in March, we decided to close the business so that I could be at home with the kids more during the day.



### **What does motherhood mean to you?**

Motherhood is one of the biggest privileges of my lifetime. I can hardly believe I get to raise our three babies and watch them grow. Motherhood is feeling the most of everything: the most love, the most pride, the most care, the most compassion, the most gratitude, the most emotions, also the most needed and most tired. It also means- you'll probably never go to the bathroom or shower in peace again.

### **When did you become an instructor for FIT4MOM and why did you want the job?**

I became an instructor for Fit4mom in 2019 hoping to inspire and motivate all the moms in our village the same way that you all motivated me when I was newly postpartum.

**What is your favorite part of coaching Body Well and Run Club+?** Watching mamas thrive in these programs and cheering them on as they accomplish a goal they've worked so hard to reach is one of the most rewarding parts of Fit4Mom for me- not to mention, their kiddos are cheering them on too- and it doesn't get much better than that.



**Which of the class formats is your favorite to teach?** Each of the class formats is truly so different and has so much to offer. I definitely love coaching our 8 week Run Club Sessions and Body Well Sessions because the goal accomplishments that come from them in such a short period of time is incredible to watch.

**How has FIT4MOM changed your life?** Fit4Mom has changed my life in so many ways. It's brought me closer to friends I already had and helped me meet new friends. It gives my kids the opportunity to see me living an active lifestyle. It has also given me a thirst for knowledge because I want to be a better and more knowledgeable coach for all of you.

**Favorite exercise:** Well if I have to pick...Running and Push Ups, all the push ups!

**Proudest moment as a FIT4MOM instructor:** Every time a finish line is crossed or a transformation goal is accomplished.

**Proudest moment as a mom:** It's hard to pick just one moment that makes me proud as a mom because it seems like every day the little things will make me proud. I will say, whenever I see my kids playing and loving on each other as siblings, my heart melts, and it's probably in those moments I am overwhelmed with pride for all three of them. The greatest gift we ever gave them was each other.

**What's one thing you would go back and tell yourself as a new mom?** You know your baby better than anyone.

**What advice do you have for moms who are just starting out with an exercise routine?**

1. YOU ARE WORTH IT! I think so often that it is hard for moms to focus on themselves because they are so busy focusing on everyone else but you are worth the time. You deserve the time to focus on you.
2. An exercise routine is not just about physical benefits. There are so many social and emotional benefits that can come from adding an exercise routine to your life.
3. Don't Give Up! Adding a new routine is not easy-especially with kids, but don't give up. Creating new habits takes time, but you are MOM strong and capable and you can accomplish anything you set your mind to.

#### **Questions for kiddos- Jackson/Sophie**

**How old is Mommy?** 32/22

**What's something Mommy always says?** Donkey/Donkey

**What is mom really good at?** Soccer/Cuddles

**What's mom's favorite thing to do?** Go on walks/Play with me and Jackson

**What makes you proud of your mom?** When you give me popsicles/Snuggles on the couch

*Emma, we are so happy to have you as a part of our team and can't wait to see you continue to help our mamas crush their goals!*

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# **My Transformation with FIT4MOM**

Written by Amy Hoover

I started my journey with Fit4Mom a little over two years ago. I had heard about Stroller Strides from a friend, but the thought of exercising with a bunch of fit women stressed me out. I was the heaviest I had ever been. Pregnancy, becoming a stay at home mom, new routines and unhealthy eating habits all were working against me.

In April of 2018 I discovered a lump in my breast. A mammogram and ultrasound confirmed that there was in fact a lump, and a biopsy was scheduled for the next week. I vividly remember sitting in the recliner holding my daughter Cora one restless naptime, and telling myself this was it, it was time for a change. I couldn't control the outcome of the biopsy, but I could control other aspects of my health. I owed it to Cora. When nap was over I buckled her in her stroller and we went for a walk around the neighborhood. On that walk I got the call that the lump was benign. That was on Friday; on Monday I went to my first Stroller Strides class.

I hated every second of that class, but apparently loved it too, because I signed up for a monthly plan. I felt at ease with the other young moms, and even though the workouts challenged me, I never once felt like I didn't belong there. I quickly realized I needed the social aspect of Fit4Mom just as much as the physical. After leaving my job as a teacher to become a SAHM, it was so nice having regular adult conversations again. Stroller Strides became our new routine. Appointments and play dates were planned around Monday, Wednesday and Friday morning classes.

Shortly after joining Stroller Strides I became pregnant with my second daughter. Cora and I continued our M/W/F classes my entire pregnancy. I couldn't believe how great I felt. My first pregnancy was fairly uncomplicated, but this time around I felt even better. Food aversions helped keep me from gaining extra weight, and with the addition of my weekly workouts I actually lost weight during this pregnancy. Fast forward nine months, I attended Stroller Strides on a Friday and Molly was born the next day. I know these workouts helped prepare my body for delivery (Molly came so fast, she was born in triage!) and they helped me recover more quickly too.

The support from my Fit4Mom friends was amazing. Meals, gift cards, presents for baby and big sister were all very generous and much appreciated, but their check-ins, play dates, and advice made the transition from one to two so much easier!

After Molly was born I was anxious to see what my body was capable of. When I started with Fit4Mom I was new to working out. And then I was pregnant. Finally I was at a point that I was able to push myself a bit harder. In January I joined a Body Back Transformation session. This took me so far out of my comfort zone, but I needed that. During workouts I would say things like "Why am I doing this? I can't do this. I don't workout." My Fit4Mom friends and coaches would remind me that the only Amy they knew DID workout and encouraged me to keep going.

I signed up for the next session of Body Back but then COVID struck, and classes became virtual. It was during this time that I really began to focus on my health and working out. I knew I needed to take care of myself before I could care for my family. Being home all day gave me zero excuses for making sure I moved throughout the day. I completed virtual Stroller Strides classes three times a week, Body Back classes twice a week, and Strides 360 classes once a week. We went for daily 3+ mile walks. That was my "me time". Yes, I had my girls with me, and yes I had to stop a million times to retrieve fallen toys or get yet another snack, but I looked forward to that time so much. During this time Fit4Mom announced a virtual race. I probably hadn't run since a game of elementary school tag, but I had a serious case of FOMO so I signed up. I remember thinking "Who am I?! I don't run! I hate running." A few weeks before the race I decided I should at least attempt a run once, so I ran a super hilly, super slow 5K. And then three weeks later with my husband at my side I participated in and completed my first 5k race with a pace just over 10 minutes a mile. And I didn't completely hate it.

Working out became my “zen” during quarantine. I can tell such a difference in myself the days I don’t get to move as much as I would like. Since starting with Fit4Mom I’ve lost over 20 inches and 50lbs and I know this is just the beginning of a healthier lifestyle.

I feel stronger, healthier, less fatigued. I’ve gained confidence and a new love and appreciation for my body. This amazing body that grew and birthed two healthy girls. Nourished and fed them for over two years. Has been pushed to extremes and just keeps fighting.

My girls are growing up with a mama who shows them how to be kind to their body. My husband has a wife who feels confident. I have an amazing group of encouraging and supportive friends to help get me through any situation. And most importantly, I finally feel like I’m becoming the best version of myself and I love who that is.

*Feeling inspired? Join Amy and other amazing mamas like her in our next session of Body Well, starting September 29!*



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

[LEARN MORE](#)

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