



NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



HUDSON
TWINSBURG
SOLON

DECEMBER NEWSLETTER

WISHING YOU A

**SEASON OF
PEACE & JOY**



Events & Happenings

December Playdates

Free playgroups are available weekly after Stroller Strides classes

Thursday Dec 5, 7pm and Friday Dec 6, 10:30am (after class) -

[Handprint Mitten Ornament Craft](#)

Saturday Dec 7, 6pm - [Family Meet Up Twinsburg Holiday Light Display](#)

Monday Dec 9, 7pm and Wednesday Dec 11, 10:30am (after class) - [Cookie Decorating Play Date](#)

Friday Dec 20, 9:30am-11:30am - [Stroller Strides and Santa](#)

Monday Dec 23, 10:30am and 7pm (after class) - [Polar Express Story Time](#)



December Mom's Night Out

Wednesday Dec 4, 7:30pm - Gift Wrapping Party for our Adopt a Family, Julie's House

Sunday Dec 8, 10am-12pm - [Mamas & Mimosas](#), Carnaby Street Style

Wednesday Dec 11, 7pm - Paint Party, Jenn's House

Visit our [Facebook page](#) or email juliebutt@fit4mom.com for more details

Black Friday Sale Ends TOMORROW

It's your last chance to snag these amazing deals on **ALL** of our programs. Deals like these only come once a year!

[Stroller Strides](#)

5 Class Pass - \$59

10 Class Pass Discount - \$99
(ORIGINALLY \$120)

End of Year Membership Special -

Unlimited FREE Stroller Strides classes for the remainder of 2019 with one-time payment of \$30 registration fee (60% off regular price!).

**There is a 3 month commitment on the unlimited membership plan starting Jan. 1, 2020. Valid only for new members or pass holders not currently on a membership plan..*



Body Back®

\$100 OFF Body Back Winter Session, Jan 7-Feb 29 (ORIGINALLY \$299, NOW ONLY \$199) PLUS receive a FREE copy of "The Empowered Mama" written by Lisa Druxman with your registration (a \$20 value)

Run Club+

\$150 OFF 2020 Run Club+ Annual Package (ORIGINALLY \$649, NOW ONLY \$499) – 29 live group training runs over 4 sessions

**Participants will train to complete 5 races, including the Akron Race Series. Race registration fees not included in price.*

Purchase on our website using the link below. Click "Plans & Passes" to purchase Stroller Strides deals and "Services" to purchase Body Back Winter Session and Run Club+ 2020 Annual Package.

BUY NOW

Body Back® Holiday Hustle STARTS THIS TUESDAY, DEC 3

We know that the holidays can be crazy and the tiniest bit exhausting. Finding time for a workout can be difficult, but we got you covered, mama!

Body Back® Holiday Hustle is 3-weeks of two high-intensity interval workouts (HIIT) per week designed to help you reach your full physical potential and reconnect to your inner strength. Our HIIT cycles through cardio, strength, and core work and concludes with a relaxing meditation to help you recharge and head back to your family. Improve your health, fitness and physical strength with other like-minded mamas! This mini session is a great preview of a full Body Back® Transformation session or a great way to continue on your Body Back® journey between sessions!



Classes are **Tuesdays 7-8pm** and **Saturdays 8-9am** from **December 3 - December 21** at Twinsburg Cleveland Clinic Family Health & Surgery Center.

ENROLL NOW

Body Back Winter Session Starts Jan 7

Don't miss out on **\$100 off** during our Black Friday sale PLUS receive a FREE copy of "The Empowered Mama" written by Lisa Druxman with your registration (a \$20 value)

Sale ends tomorrow, Dec 2 at 11:59PM

These 10 mamas completed our Fall Body Back® Transformation Session. Combined, they lost 65 inches, 40 pounds and can do 55 MORE pushups than they could eight weeks ago!! They gained confidence, strength, friendship, and SO. MUCH. MORE.



Are you looking for a village and transformation?? Join us starting January 7!

ONLY 8 SPOTS LEFT!

ENROLL NOW



Mama of the Month

Meet Sisily Strobbridge, our Mom of the Month! Sisily is also one of our Stroller Strides instructors. This series features a different mom of our Village each month.

Tell us about your family: I have been married to my husband Brian for 4 years. We have moved all over the US following his career and loving the adventure. We have 2 kids now; Bentley who is 3 and Aisley who is 2 months.

Hometown: Currently living in Aurora, Ohio but “hometown” will always be Turlock, California where I lived until I met my husband in 2007 and where my family still lives.

Current/previous career: Before becoming a stay at home mom I did Human Resources. Now, I teach Stroller Strides and love it!



What does motherhood mean to you? Motherhood is the hardest and most rewarding job there is. It means happiness and family to me. Although we have some really tough days, we are rewarded with hugs, “I love yous” and sweet baby smiles. It has really been my greatest adventure!

How did you find FIT4MOM? Before moving to Ohio, I started to research the area and all that it has to offer for families. I knew (from previous moves) that the best way to find community was to immerse myself into it! FIT4MOM seemed like the perfect fit for me as I love working out and it was an added bonus I could bring my son!

What classes do you currently attend and why do you love them? Stroller Strides! I love it because the tribe is AMAZING and the workouts are great- and it’s a playdate!

How has FIT4MOM changed your life? It has been a little over a year and it has given me friends for life, buddies for my son, a routine (excuse to leave the house), and just a sense of security and a tribe. Without family close by, this group gives me the family feel!

Favorite exercise: Anything for the triceps.. Hurts so good! :)

What's one thing you would go back and tell yourself as a new mom?
Relax... it will all buff out!

Questions for kiddos: ((Bentley who is 3))

How old is Mommy? “10”

What’s something Mommy always says? “What?”

What is mom really good at? “Making things for us.”

What’s mom’s favorite thing to do? “Making things”

What makes you proud of your mom? “toys”

Teach Your Child the Act of Giving this Holiday Season

As moms, we all want our children to grow up to be kind and generous individuals. During the holiday season, however, it can be especially difficult to teach the act of giving to our young children when there is so much focus on receiving gifts.



The Center for Parenting Education provides the following tips for teaching generosity to your children.

Read the full article [here](#)

1. Teach what it means to share
2. Model generosity
3. Talk about your feelings when you give
4. Do it together
5. Praise the giving impulse
6. Create opportunities to give
7. Share your stories
8. Be generous with your children
9. Use gift-giving occasions to teach about giving
10. Be patient
11. Focus on the good intentions of your children

"Patience and modeling on your part will go a long way toward helping your children to develop a spirit of generosity and to discover that giving can be the best gift of all."

-Deb Cohen, Certified Parenting Educator

centerforparentingeducation.org

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

LEARN MORE

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FIT4MOM

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