



April Calendar

"Giving Mothers Strength for Motherhood"

Fit4Mom offers Stroller Strides, Fit4Baby & StrollerBarre

Why Fit4Mom is for you?

Fit4Mom is not just a walk in the park! Fit4Mom is a great way to get in shape, meet other moms and have fun with your baby all at the same time. We welcome all fitness levels and provide modifications for pregnant, recently postpartum and nursing moms as well as higher-intense options for those who really want to see dramatic changes in their post-baby bodies. Each class is an hour long, with the last 10 minutes used for abs and stretching.

We offer a complete head to toes, total body workout, all while your child comes along for an interactive stroller ride! We turn the park into our outdoor gym!

Fitness is only a part of the Fit4Mom experience. In addition to the classes, we are proud to host our very own Mom's Club and playgroup, which are free after class and in the evenings for Mom's Night Out!

Your first class is always free!

How do I start?

Check out our Fit4Mom website or our Meetup page and look at the calendar on the back of this flyer for locations. Just about any kind of stroller will do so long as it's not prone to tipping. We also suggest you bring water, a hat or sunblock for both you and your baby, and a towel or mat for our group exercises.

www.conejo.fit4mom.com

Contact Jill Green 818-264-8902 or Natascha Crecion 818-807-7079

Email: conejo@fit4mom.com

CHALLENGE OF THE MONTH

Challenge of the Month: Spring into Shape

Train this month to improve your ½ mile time. The first week of the month each class will run a ½ mile in the beginning of class and record your time. Then the last week of the month we will do the same thing and see your improvement. The mom with the most improvement will win a prize donated by Fleet Feet. Good Luck Mommas!

VENDOR OF THE MONTH

Fleet Feet Sports

At Fleet Feet Sports, you will find a welcoming environment where runners, walkers and fitness enthusiasts of all abilities receive unparalleled service and support. Fleet Feet Sports' Philosophy is to help you find the right "FIT" in every facet of your active lifestyle.

Mom's Night Out

This month's MNO will be held on Thursday, April 20th at 7:30pm at Fleet Feet Sports located near Sprouts in Westlake. We are going to kick off the night with a yoga class put on by Power Core Yoga and then after we will be able to check out the new Fleet Feet Sports store while sipping on wine. Please bring your own wine and RSVP on meetup so we have a final head count.

FREE Body Back Demo Class

Have you been thinking about kicking up your workout to the next level? Well our intense 8 week Body Back program is just what you need. Join us Sunday, April 2 at 8:15am for a FREE demo class. Class will be held at Fleet Feet Sports. (Located in the Sprouts center) This is a great way to see what the Body Back program is all about. Our new Body Back Session will begin April 11 and be held on Tuesday and Friday mornings at 5:45am. Make sure to RSVP so we have a head count.

April 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rain Plan In case of rain, we will meet at the Oaks Mall in front Home on the ground floor of Macy's Men						1 Great Race No Class
2 Free Body Back Demo Class @8:15am at Fleet Feet *RSVP*	3 9:30 Stroller Strides Westlake- Ana Oakbrook (TO)- Kelly	4 5:45 Body Back/Boost Westlake 9:30 Stroller Strides The Lakes (TO)- Kelly Newbury Park- Jamie	5 9:30 Stroller Strides The Lakes- Francesca Oakbrook (TO)- Jill The Lakes Kids Club @ 11am *RSVP*	6 5:45 Body Back/Boost Westlake 9:00 Stroller Barre Conejo Creek - Jamie Get Active Class & Craft *RSVP*	7 9:30 Stroller Strides Reyes Adobe- Vanesa Newbury Park- Rachael W.	8 7am Body Back Boost 8:30 Running Group/Stroller Strides- Vanesa Lindero Country Club Easter Egg Hunt *RSVP*
9	10 9:30 Stroller Strides Westlake- Ana Oakbrook (TO)- Rachel	11 New BB Session (TU/FRI) 5:45 Body Back/Boost Westlake 9:30 Stroller Strides Conejo Creek (TO)- Kelly Newbury Park- Vanesa	12 9:30 Stroller Strides Westlake- Jill Oakbrook (TO)- Rachel	13 5:45 Body Back/Boost Westlake 9:30 Stroller Barre Conejo Creek- Jamie Community Outreach @ The Reserve at 3pm *RSVP*	14 5:45 Body Back Westlake 9:30 Stroller Strides Reyes Adobe- Francesca Newbury Park- Vanesa Easter Book Reading & Snack *RSVP*	15 8:30 Running Group/Stroller Strides Westlake- Kelly Easter Class & Hunt (Bring 5 eggs per child w/basket) *RSVP*
16	17 9:30 Stroller Strides Westlake- Ana Oakbrook (TO)- Rachel	18 5:45 Body Back/Boost Westlake 9:30 Stroller Strides Conejo Creek (TO)- Vanesa Newbury Park- Jamie Earth Day Class & Craft *RSVP*	19 9:30 Stroller Strides Westlake- Jill Oakbrook (TO)- Rachel	20 5:45 Body Back/Boost Westlake 9:30 Stroller Barre Conejo Creek- Jamie MNO at 7:30pm @ Fleet Feet (Yoga Class) *RSVP*	21 5:45 Body Back Westlake 9:30 Stroller Strides Reyes Adobe- Annie Newbury Park- Vanesa	22 7am Body Back Boost 8:30 Running Group/Stroller Strides- Natasha Lindero Country Club Family Fun Day *RSVP*
23	24 9:30 Stroller Strides Westlake Promenade- Ana Oakbrook (TO)- Rachel Coffee Monday *RSVP*	25 5:45 Body Back/Boost Westlake 9:30 Stroller Strides Conejo Creek (TO)- Vanesa Newbury Park- Jamie	26 9:30 Stroller Strides Westlake- Jill Oakbrook (TO)- Rachel	27 5:45 Body Back/Boost Westlake 9:30 Stroller Barre Conejo Creek- Jamie	28 5:45 Body Back Westlake 9:30 Stroller Strides Reyes Adobe- Annie Newbury Park- Vanesa Birthday Class *RSVP*	29 8:30 Running Group/Stroller Strides Four Seasons Class- Annie *RSVP*

Class Locations

Westlake: Triunfo Park, 980 Aramoor Ave ■ **Thousand Oaks:** Conejo Creek Park North (CC), 1379 E Janss Rd ■ **Thousand Oaks:** Oakbrook Park (OB), 2787 Erbes Rd

■ **Agoura:** Reyes Adobe Park, 31400 Rainbow Crest Dr ■ **Newbury Park:** Pepper Tree Playfield, 3270 Old Conejo Rd