



July 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: Mama gets outside.

All summer long we're hosting a photo casting call to see your active summer adventures! Show us your outdoor adventures and/or workouts using #mamagetoutside (don't forget to feature your BOB stroller, KIND snacks, or other goodies from our fav partners!) Be sure to share with your village. We want to see your outdoor adventures, vacations and everyday life! What does motherhood mean to you? Show us! Winner of this month's challenge will win a \$100 gift card to Joie Clothing Boutique.

VENDOR OF THE MONTH

Joie Clothing Boutique

Joie has become one of the most sought-after contemporary lifestyle brands catering to the savvy, fashion-minded women. Understatedly chic, Joie's designs are constantly inspired by the Southern California meets Parisian lifestyle and it's casual, yet sophisticated way of life and travel. The concept has always been "Casual, Comfortable and Luxurious" each piece encompassing a balance between these three elements... one cannot exist without the others. Our Promenade at Westlake store opened in September 2016.

Mom's Night Out, Actually Mom's Day Out

This month's Mom's Day Out will be held on Saturday, July 15 at 10:30am at Joie boutique location in the Westlake Promenade. Join us for a morning of shopping, sipping on mimosas and breakfast bites. Also enjoy 20% off all full priced items and a chance to win a \$100 gift card and private shopping event! Ladies you don't want to miss this!

Body Back Boost (For Body Back Alumni only)

We have added additional Body Back Boost classes. This month enjoy our usual Tuesday/Thursday mornings at 5:45am. We have also added Saturday morning class on July 15 and 29th at 7am. Plus we have one Wednesday night class on July 5 at 7pm. Please make sure to RSVP on meet up so we have a head count.

July 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 8:30 Running Group/Stroller Strides- Westlake Tanya *RSVP* |
| 2 | 3 9:30 Stroller Strides Westlake- Natascha Oakbrook (TO)- Vanesa | 4 5:45am Boost Westlake 9:30 Stroller Strides Conejo Creek (TO)- Jill Newbury Park- No Class Fourth of July Family Class *RSVP* | 5 9:30 Stroller Strides The Lakes- Natascha Oakbrook (TO)- Rachel The Lakes Kids Club @ 11am *RSVP* NEW- 7pm Boost Class | 6 5:45 Boost Westlake 9:00 Stroller Barre Conejo Creek - Jamie | 7 9:30 Stroller Strides Reyes Adobe- Ana Newbury Park- Tanya Ice Cream Craft *RSVP* | 8 8:30 Running Group/Stroller Strides- Four Seasons Class Vanesa *RSVP* |
| 9 | 10 9:30 Stroller Strides Westlake- Natascha Oakbrook (TO)- Rachel New Body Back Session (Mon/Wed @7pm) | 11 5:45 Boost Westlake 9:30 Stroller Strides Conejo Creek (TO)- Tanya Newbury Park- Jamie New Body Back Session (Tues/Thurs @5:45am) | 12 9:30 Stroller Strides Westlake- Vanesa Oakbrook (TO)- Rachel | 13 5:45 Boost Westlake 9:30 Stroller Barre Conejo Creek- Jamie Sunshine Theme Class w/Storytime & Snack *RSVP* | 14 9:30 Stroller Strides Reyes Adobe- Annie Newbury Park- Vanesa | 15 7am Body Back Boost *RSVP* 8:30 Running Group/Stroller Strides- Westlake Natascha Mom's Day Out at Joie @10:30am *RSVP* |
| 16 | 17 9:30 Stroller Strides Westlake- Ana Oakbrook (TO)- Rachel | 18 5:45 Boost Westlake 9:30 Stroller Strides Conejo Creek (TO)- Tanya Newbury Park- No Class Beach Class *RSVP* | 19 9:30 Stroller Strides Westlake- Annie Oakbrook (TO)- Rachel | 20 5:45 Boost Westlake 9:30 Stroller Barre Conejo Creek- Jamie | 21 9:30 Stroller Strides Reyes Adobe- Annie Newbury Park- Vanesa | 22 8:30 Running Group/Stroller Strides- Westlake Jill *RSVP* |
| 23 | 24 9:30 Stroller Strides Westlake- Natascha Oakbrook (TO)- Rachel 31 Westlake Promenade- Natascha Oakbrook (TO)- Rachel Coffee Monday *RSVP* | 25 5:45 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 Boost Westlake 9:00 Stroller Barre Conejo Creek - Jamie | 28 9:30 Stroller Strides Reyes Adobe- Annie Newbury Park- Vanesa Friendship Class & Craft/Birthday Class *RSVP* | 29 7am Body Back Boost *RSVP* 8:30 Running Group/Stroller Strides- Westlake Rachel *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