



December 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: This month we are going to encourage mamas to continue working out even through the busy holidays. For the month of December we will have an attendance challenge, mamas will have a punch card every time they attend class and the mama with the highest attendance will get a special gift from Snuggle Up Buttercups.

VENDOR OF THE MONTH



Snuggle Up Buttercups

This month’s vendor of the month is Snuggle Up Buttercups. Just in time for the holidays. They have great children accessories and blankets. Plus Stroller Strides members get 15% off for the month of December with coupon code FIT4MOMCONEJO. Visit their website at snuggleupbuttercups.com to start shopping now.

Mom’s Night Out- Wednesday, December 6 @7:30pm

This month we are hosting a special White Elephant gift exchange, Pajamas style! That’s right you heard correct, you can wear your pajamas. Please bring a wrapped unmarked gift valued at \$20. Also bring your drink of choice and appetizer. MNO will be held at Jamie Regan’s house located at 3068 E. Avenida de Los Arboles in Thousand Oaks. The gate code is 51387 and there is parking on the street and there is also a parking lot by the tennis courts for additional parking.

Photos with Santa- Janss Marketplace: December 15

It’s that time of year! Pictures with Santa. Get the kiddos dress up and join us for a great workout at Janss Marketplace followed by a Santa experience at the new Experiential Santa Village located next to Burlington. Janss Marketplace will be opening the Santa Village just for Stroller Strides members. Meet at the grassy area by Payless Shoes for the workout.

December 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	2	1 9:30 Stroller Strides Reyes Adobe- Annie Newbury Park- Vanesa	2 8:30 Running Group/Stroller Strides- Four Seasons Jill *RSVP*
3 Toys 4 Tots Collection Week December 4th-8th	4 9:30 Stroller Strides Westlake- Ana Oakbrook (TO)- Tanya 7pm Boost- Rachel H.	5 5:45am Boost- Natascha 9:30 Stroller Strides Conejo Creek (TO)- Vanesa	6 9:30 Stroller Strides Westlake- Jill Oakbrook (TO)- Annie 7:30pm- MNO Pajama Holiday Gift Exchange *RSVP*	7 5:45 Boost- Jill 9:30 Stroller Barre Conejo Creek - Jamie Holiday Story & Snack *RSVP* 7pm Boost- Ana	8 9:30 Stroller Strides Reyes Adobe- Annie Newbury Park- Vanesa	9 8:30 Running Group/Stroller Strides- Westlake Natascha *RSVP*
10	11 9:30 Stroller Strides Westlake- Ana Oakbrook (TO)- Rachel H 7pm Boost- Ana	12 5:45 Boost- Natascha 9:30 Stroller Strides Conejo Creek (TO)- Vanesa	13 9:30 Stroller Strides Westlake- Jill Oakbrook (TO)- Natascha Hanukkah Craft *RSVP*	14 5:45 Boost- Jill 9:30 Stroller Barre Conejo Creek- Natascha 7pm Boost- Rachael W.	15 9:30 Stroller Strides Janss Marketplace- Annie Santa Photos after class *RSVP*	16 7am Boost- Rachael W. 8:30 Running Group/Stroller Strides- Westlake Rachel H. *RSVP*
17	18 9:30 Stroller Strides Westlake- Ana Oakbrook (TO)- Rachel H. 7pm Boost- Rachael W.	19 5:45 Boost- Natascha 9:30 Stroller Strides Conejo Creek (TO)- Vanesa	20 9:30 Stroller Strides Westlake- Jill Oakbrook (TO)- Rachael W.	21 5:45 Boost- Jill 9:30 Stroller Barre Conejo Creek- Jamie 7pm Boost- Ana	22 9:30 Stroller Strides Reyes Adobe- Annie Newbury Park- Rachael W. Christmas Craft *RSVP*	23 8:30 Running Group/Stroller Strides- Westlake Annie *RSVP*
24	25 Christmas Day No Class	26 No Class	27 9:30 Stroller Strides Westlake- Tanya Oakbrook (TO)- Rachael W.	28 5:45 Boost- Danielle 9:30 Stroller Barre Conejo Creek - Rachel H. NYE Craft *RSVP* 7pm Boost Rachael W.	29 9:30 Stroller Strides Reyes Adobe- Ana Newbury Park- Vanesa	30 8:30 Running Group/Stroller Strides- Westlake Vanesa *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