



Mom's Night Out
Themed Classes & Playgroups
Weekly Chances to Win FREE Stuff

Some of Our Special Events

Mon, 5/5 11:30am

Moms Lunch Out

Fri, 5/9 10:30am

Coffee Chats with Christine Sullivan, Pediatric Dietitian

Mon, 5/12 10:00am

CoComelon Stroller Strides Class

Mon 5/12 11:00am

Stay & Craft: Flower Pots

Tue, 5/13 5:00pm

Moms Night Out: Slp & Stretch - A Mini Wellness Workshop for Moms (Jersey Spine & Nerve Professionals)

Wed, 5/21 9:30am

Moms Coffee Meetup

Thu, 5/29 11:00am

Stay & Play: Soft Play with Epic Bash Events

AND MORE!

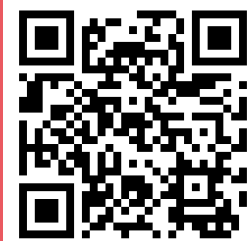
Butcher Box Giveaways

Weekly Giveaways (*Must be in attendance to win)

- Wed, 5/7 12:00pm | Body Ignite
- Thu, 5/15 10:00am | Stroller Strides
- Fri, 5/23 9:30am | Stroller Strides
- Tur, 5/27 10:00am | Stroller Barre

Month-End Giveaway:

- Fri, 5/30 10:00am | Strides 360



JOIN THE FUN



JOIN THE FUN

WEEKLY Attendance Challenge Rules

Get points for attending classes and events during Month of Mama, and increase your odds of winning.

For every class, playgroup or event you attend between Monday and Sunday of the challenge week, receive points towards entry into the week-end raffle. Every point you receive equals an entry into the week-end raffle, which will be drawn on the Sunday afternoon of the week. Attendance points vary as shown below:

MEMBERSHIP HOLDERS (recurring or pre-paid)

Receive 4 points per attendance.

PASS HOLDERS

Receive 2 points per attendance.

NEW CLIENTS (non-member without class passes)

Receive 1 point per attendance.

BONUS POINTS

Get 2 bonus points per attendance for attending any event hosted by one of our sponsors. Some of these include:

- Coffee Chats with Chrstine Sullivan on 5/9
- CoComelon Stroller Strides on 5/12
- Moms Night Out: Sip & Stretch with Jersey Spine & Nerve on 5/13
- Stay & Play: Soft Play with Epic Bash Events on 5/29
- Any ButcherBox Giveaway day
- and more



JOIN THE FUN

Rules for Month-End Grand Prize Raffle

Get points for attending classes and events during Month of Mama, and increase your odds of winning.

For every class, playgroup or event you attend between during Month of Mama, receive points towards entry into the month-end grand prize raffle (Prize to be announced). Every point you receive equals an entry into the grand prize raffle, which will be drawn on the the night of Tuesday, June 3rd.

Attendance points vary as shown on the Weekly Attendance Challenge Rules. You can Earn BONUS points towards the Month-End Grand Prize by ways listed below:

TURN IN YOUR MONTH OF MAMA BINGO CHALLENGE SHEET:

Receive 2 points

You can turn in a completed sheet (with or without winning BINGO) to reginamedeiros-haines@fit4mom.com

SIGN UP FOR ANY OF OUR SPONSORS' NEWSLETTERS

Receive 5 points when you sign up for any of our sponsors' Newsletters on their website.

REVIEW US ON GOOGLE, YELP, OR FACEBOOK

Simply write a review on one of these platforms and send a screenshot to us at reginamedeiros-haines@fit4mom.com

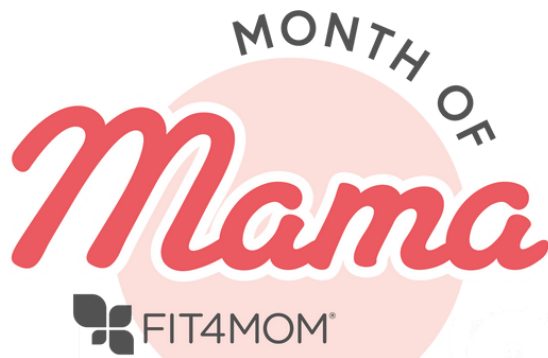


JOIN THE FUN

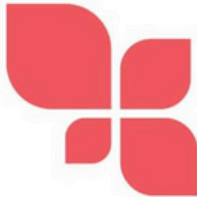
Attendance Challenge WEEKLY TRACKER

	MON	TUES	THURS	FRI	SAT	BONUS?
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						





*bingo
challenge*

GET IN A 10 MINUTE STRETCH SESH	BRING A FRIEND TO CLASS	WRITE DOWN 3 AFFIRMATIONS (AND HANG THEM UP)	GO TO BED ONE HOUR EARLIER	
POST A PIC FROM CLASS ON SOCIAL MEDIA <small>TAG US ON FB OR IG</small>	MAKE A HAPPY PLAYLIST ... AND PLAY IT!	BUY YOURSELF FLOWERS (OR YOUR FAV TREAT)	TALK TO A MOM YOU DON'T KNOW AT CLASS	
WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR	ATTEND 8 CLASSES IN THE MONTH		DRINK 64OZ OF WATER (IN THE DAY)	
READ FOR 30 MINUTES	TRY A NEW HEALTHY RECIPE	ATTEND CLASS AT 2 DIFFERENT PARKS	SHARE A POST FROM THE FIT4MOM MOORESTOWN - CHERRY HILL PAGE	
ATTEND A CRAFT OR PLAYDATE	FOLLOW ANY 5 OF OUR SPONSORS ON IG OR FB	GO ON A WALK OR RUN (OUTSIDE OF CLASS)	ATTEND A MOM ONLY CLASS	