



AHREN VICTORY



Jane: Your definition of “Fit for Broadway”

Ahren: For me, “Fit for Broadway” in its purest form is ‘vibrating higher’ and striving to be your best self while living your best life (which means all of you; body, mind, and spirit, because it’s all connected).

Jane: Broadway inspires me to BE _____ .

Ahren: Bold! To continue to BE Bold and take leaps of faith in order to explore outside of my comfort zone. I think I have both laughed and cried at each Broadway show I’ve attended so far.....Not just because the shows are incredible works of art but because the performers are so bold and fearless that it touches me in a very relatable way. When I leave the theatre I’m refreshed and re-inspired to be Bold and continue to go ‘Full-Out’ in the direction of my dreams!

Jane: Favorite FFB workout.

Ahren: Do I have to pick just one????? I am obsessed with each and every work out I’ve done with FFB, but if I absolutely had to choose.....I’d have to say Beth Nicely’s Body by Simone workout! Her energy is so wonderful and motivating! Beyond that the class itself is so engaging you almost forget your muscles are working overtime. I was sparkling with sweat when the workout was over but I felt truly “Fit for Broadway”!

Jane: Your FFB spirit animal.

Ahren: Despite my love and adoration for doggies (and most wildlife), I’d say my spirit animal is a hybrid of a cheetah and eagle, a Cheagle! To start my 1st name’s meaning is literally an eagle or a bird; so it can have multiple meanings because I love to sing. And cheetahs, in addition to being speedy and smart, are also graceful and fearless. Something I want to always channel into auditions and my work!

Jane: An FFB recipe you love.

Ahren: I love Overnight Oats! They’re so easy to make and delicious! And with the city Hustle, you can prep them after a long day to have your breakfast ready to recharge for another full day of hustle. One of my favorites is a peanut butter and banana recipe (that could easily be adapted to almond butter or non-dairy milks, if you prefer).

All you need are chia seeds, oats, honey, milk, peanut butter, and bananas!

I love this recipe from Leelalicious.com!

- 1 Mason Jar
- 1 Cup rolled oats
- 2 tablespoons chia seeds
- ¼ cup peanut butter
- 1-2 tablespoons of honey
- Pinch of salt
- 1.5 cups of milk
- 2 sliced bananas



Jane: If FFB were an emoji which one would it be and why?

Ahren: <insert rocket ship & shooting star emoji> These emojis are used in the FFB blogs and emails and I think they're amazing representations of FFB! Jane has created an amazing community through FFB that aims high and reaches for the stars!

Jane: Tell me about FFB Book Club.

Ahren: Book Club was inspired by the incomparable and enlightening Fit for Broadway workshops I have attended. Many of the mentors that spoke mentioned books they had read that changed the way they approach their life and/or career. So, the idea was born to select an inspirational and enlightening book that was suggested by someone living the dream, and create a safe space to share our perspectives once we've finished turning pages. Broadway Book Clubbers have 4 weeks to read the selected book, and then we all come together to discuss what really resonated within us! We even stream the discussion so that anyone reading from out of state or internationally can join in.

Jane: Who or what inspires you?

Ahren: Oh it is quite a long list...I would say my family for their support and love, many of the industry performers that I have met while in NYC, and of course, Jane Jourdan! But, I have to say that New York City definitely inspires me. I've been living in the city for a year, and I still wake up excited for what the City has waiting for me when I walk out the door. There's so much vibrancy and the good energy is infectious if you know where to look for it.

Jane: How'd you become a team member at FFB?

Ahren: I came across Fit for Broadway about a couple years ago, and as a performer who enjoys inspiration where I can find it (and who always strives to be physically active) the vision of what FFB is, just clicked with me. When I finally moved to the city, I jete'd at the opportunity to attend a Fit for Broadway Workshop, and even though I had headshots scheduled for that same day, something within me knew I had to attend. My first FFB event was everything (and more) than I could have imagined and I left feeling so inspired and energized that I knew I had to hold onto that. So, my new goal (even before leaving the workshop) was to attend as many FFB events as I could, and I did! I am in awe of the community that Jane has created with FFB, and I wanted to be a part of the amazing energy that Jane makes so accessible. The rest as they say is history, I now assist with Broadway Book Club and events. It is exhilarating being able to contribute in my own little way and BE enlightened by FFB and Jane!



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PS: Join the FFB clubs!! Email community@fitforbroadway.com

xx. jane