



NEWSLETTER

AUGUST IS CHALLENGE MONTH

🌟 Get ready for Challenge Month in August! 🌟

🏆 It's an easy challenge – all you have to do is show up to classes to earn prizes! The more classes you attend, the better your chances to win.

1️⃣ 1st place: No-Gi uniform

2️⃣ 2nd place: GB Wear t-Shirt

3️⃣ 3rd place: Choose 1 technique to be taught in class

👥 We have two divisions – for kids and adults – giving you more opportunities to win and have fun!

📅 For adults, there's also The Rounds Challenge: How many 6 minutes rounds can you do during advanced classes at GB Quincy in one month?

🔥 The challenge kicks off on August 1st and ends on August 31st. Join the fun and start working towards your goals!

📅 The winner will be announced on September 1st. Don't miss out on this exciting opportunity to push yourself and win awesome prizes! 🎉

REMINDERS

- Please stop at the desk to check your information on file is accurate.
- GB Wear orders are now on Tuesdays

UPCOMING EVENTS

- **July 27th: Pool Party in Hannibal**
Please sign up at the desk.
- **July 29th to Aug 1st: No Bully Week at 5:30pm**
Free for members, please sign up with the link at the desk.
- **August 2nd: Game Night - 5:30pm to 8pm**
*Kids 3yo & up
\$20 per kid, sign up at the desk.*
- **August 27th: Competition Special Class at 6:30pm**
\$25 fee (cash please).

COMPETITIONS

- **Sep 7th: Compnet Regionals**
Location: Springfield, IL
- **Oct 26th: Sweep Away Hunger JJ Challenge**
Location: Quincy, IL

Any questions on signing up for the competitions, feel welcome to ask Erica at the desk.