



MINNESOTAFLYERS
GYMNASTICS AND FITNESS

AUGUST 2025 NEWSLETTER



CALENDAR

AUG 4-7 Parents/Grandparents Week

AUG 11 Fall Session Registration opens at 8:30am

AUG 14 Summer Rec Session Ends

AUG 19 Strive Chiropractic Kid's Day 3-6:00pm

AUG 25-SEPT 2 No Team Practice

Snack TIME

UPDATE

Effective July 22, snack prices
have changed slightly:

Snacks \$1.00

Water \$1.00

Vitamin Water \$2.00

OPEN GYM:

FRIDAYS 10AM - NOON

Open Gym moves to Saturdays starting Sept 6!



MN FLYERS IN THE COMMUNITY!

KIDS DAY!

STRIVE CHIROPRACTIC (DL)

AUGUST 19TH, 2025

3:00-6:00PM

STRIVE CHIROPRACTIC
DETROIT LAKES, MN

ACTIVITIES:

- Ice Cream Sundae Bar
- Inflatable Games
- Giveaways
- Face Painting
- Hot Dogs & Chips
- Craft by Young Art Co.
- New Patient Specials
- AND MORE...



FREE!

Keep sending in your handstand pictures!



#mfgfhandstandsummer



STAFF SPOTLIGHT

Coach Brenna is a rec coach for Jr Hot Shots through Beginner 2. Her favorite movie/musical/book is Les Misérables. Outside of the gym, she likes to crochet and hang out with her cats. The thing she likes most at MFGF is seeing the kids improve each week.



COACH BRENNNA



The Competitive Team represented MN Flyers at the Water Carnival Parade!

AUGUST BIRTHDAYS!



Join us in wishing Happy Birthday to these students and staff!

Hayden B

Agatha C

Elizabeth D

Meadow D.B.

Lainey F

Bodyn F

Maliyah G

Sunny G

Laycie H

Maisey H

Hank H

Merit H

Gemma H

Ella H

David H

Amy H

Zoey I

Lidie J

Emma K

Karolina K

Reagan L

Jordan L

Noah L

Reagan M

Camila M

Patience M

Isabelle M

Owen M

Kora M

Adalynn N

David O

Braxlee S

Conner S

Katrina S

Blair T

Phoenix T

Jaliyah W

STAFF BIRTHDAYS: None

