



MINNESOTAFLYERS
GYMNASTICS AND FITNESS

AUGUST 2026 NEWSLETTER

CALENDAR

AUG 17 Fall Session Registration opens at 8:30am

AUG 21 Summer Rec Session Ends

AUG 24, 26, 28 10am - 12pm: Summer Send-Off Open Gym

AUG 31-SEPT 4 No Team Practice

SUMMER SEND-OFF OPEN GYM

Monday, August 24

Wednesday, August 26

Friday, August 28

10AM - NOON

OPEN GYM:

FRIDAYS 10AM - NOON

Open Gym moves to Saturdays starting Sept 12!

august Students of the Month

- Hard worker
- Wants to improve and learn new things



Dolly
Hot Shots



Brielle
Intermediate Advanced

- Hard worker
- Always has a smile on her face

- Always smiling
- Gets along great with all the kids
- He's fun!



Ronan
Jr Ninja



Aubree
Competitive Team

- Works hard to try new things with a smile on her face and is busy preparing for her first year of Level 3 competition.

MEET THE Board



**CASSIE
SECRETARY**

Job Title & Employer:

Nanny & merchandiser with Footprint

Why did you join the Board?

My daughter has been in gymnastics for years and loves it. My sons have been active in rec classes as well. I wanted to give back and be a part of a great program.

Fun Fact:

I have EDS Ehlers Danlos Syndrome.

Job Title & Employer:

Family Medicine Physician, Essentia Health

Why did you join the Board?

I joined the board because I believe in the mission to make our community healthier; particularly, introducing FUN wellness programs to our youngest community members.

Fun Fact:

I grew up on a dairy farm that transitioned to a deer farm.



**BENITA
BOARD MEMBER**

Job Title & Employer:

Physical Therapist, Essentia Health

Why did you join the Board?

I joined the board as I was a gymnast and helped raise funds for the original MFG building. Now that I have a daughter in the program, I want to see the gym succeed and continue to grow.

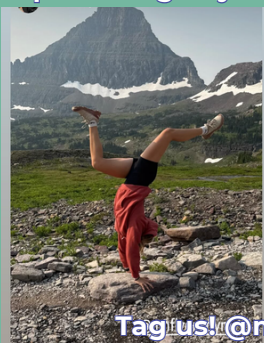
Fun Fact:

I enjoy water sports and hanging out at the cabin with my family.



**WHITNEY
BOARD MEMBER**

Keep sending in your handstand pictures!



Tag us! @mnflyersgym

#mfgfhandstandsummer



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

AUGUST BIRTHDAYS!



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

Cal B

Hayden B

Blaire C

Agatha C

Hattie C

Elizabeth D

Marlee E

Lainey F

Bodyn F

Lila H

Rhea H

David H

Amy H

Zoey I

Lidie J

Emma K

Vienna K

Reagan L

Jordan L

Reagan M

Camila M

Isabelle M

Bennett M

Bella M

Owen M

Adalynn N

David O

Walker P

June P

Ella P

Sophia R

Scarlett R

Braxlee S

Kase S

Katrina S

Oaklynn S

Edie S

Evelyn T

Blair T

Cohen V

STAFF BIRTHDAYS: None

