

Dear Parents, Students, Community,

Coronavirus (COVID-19) is placing great strain on us all.

During this time of crisis, we are currently offering 2 Weeks of FREE virtual live stream classes for all Fremont District Students.

Simply [CLICK HERE](#) to register your child for our Virtual Classes, and enter code **FREMONTSTUDENT** at checkout!

These fun workouts will help your child burn off that excess energy in a safe and convenient way!

Plus they are learning self-defense and have an opportunity to see their friends in our online classes!

How does it work? It's simple!

Upon enrolling, a Lake County BJJ Team Member will contact you to get your child's information and give you the relevant links.

Simply click the link on your phone, tablet, or computer — and you're set.

(An app download may be required — if so it is fast and free!)

Don't let corona stop your children from living strong, healthy lives.

If you have any questions, please reply to this email or call 847-495-2557.

Committed to your health, safety, and fitness,

Lake County BJJ Team