



Greetings GQ Members,

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We want to send a big thank you to everyone who participated in our Facebook Photo Contest and helped make it a success!

And a special congratulations to Ms. Ismat Yassin and Ms. LeAan Grimm, the winners of the \$100 GQ vouchers. Ms. Ismat's photo received the most likes, shares and comments and has been crowned the people's choice winner. Ms. LeAan's photo received the most votes from the judges and has been claimed the second winner. Click here to see all of the contest entries.

Our panel of judges, which included the GQ Board of Directors and management team, chose the winning entry based on how well it exemplified the entry requirements. Congratulations again, Ms. Ismat and Ms. LeAan!

Our staff team building day was held Saturday, July 20th, at the GQ restaurant. The staff had a chance to learn more about themselves, their co-workers, and how to work well together as a team. We would like to thank the Board of Directors and the members for supporting this great event for our staff. Click here to see all photos of the team building event.

We hope you are thoroughly enjoying your summer whether you are taking it easy, spending quality time with family and friends, travelling to the fullest or like us, busy planning many exciting events for the month. Please check out the calendar of events on our website www.gqlagos.com and keep a lookout for emails to be sure you get signed up for all the summer festivities.

Finally, we welcome all feedback and please don't forget that we have a suggestion box at the Front Desk.

We look forward to seeing everyone at the GQ! Enjoy the rest of your summer in Lagos!

"Everything good, everything magical happens between the months of June and August."

-Jenny Han, The Summer I Turned Pretty



Bi-Weekly Sunday BBQ
12 noon - 4pm



Bi-Weekly TexMex
Thursday: 6 pm - 9:30 pm
Tex Mex \$13.90 adults/ \$8 Kids



Bi-Weekly Sunday Brunch
10:30 am - 3:30 pm



Hot Wings Challenge
Friday, August 2 | 1:00-9:00pm
Our challenge involves eating 12 spiciest wings to the bone in just 5 minutes. Winner gets picture on the wall of fame and food is free.



Steak Night and Jazz
Friday, August 30 | 6:30-9:00pm
Treat your family to succulent steak and live Jazz music that's worthy of a special night at the GQ restaurant.



Italian Night
Friday, August 23 | 6:30- 9:00pm
What's better than great Italian food and free flow of pairing cocktails? Nothing! Save the date for our Italian night with great food and unlimited cocktails.



Welcome Back BBQ & Weekend Market
Saturday, August 31 | 11:00am-4:00pm
Join the GQ for FREE BBQ and shopping fresh, organic, and locally made products.



Weekend Market & Family BBQ
Last Saturday of The Month
11:00 am - 4.00 pm



TGIF
Every Friday
1:00 pm - 9:00 pm

Visit our website www.gqlagos.com for all events



Chi's Yoga
Wed & Sat



Every Wednesday
5:30pm Fee N2000



Pool Hours 10am - 7 pm



Basket Ball at GQ Court



Hours 6 am - 10 pm

AUGUST EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NO TEX-MEX	2 TGIF @ The GQ BAR Hot Wings Challenge Pilates 4-5pm or 5-6pm Basic & Dance Aerobics 7-8pm	3 Weight management & Staying fit 7:30-8:30am Yoga Class at 9am Basic & Dance Aerobics 9am - 10am
4 Sunday Brunch 10:30—3:30pm	5 Fumigation & Deep Cleaning	6 Body Building & Weight Lifting 5-6pm	7 Water aerobics at 5:30pm Yoga class at 7.30 pm TRIVIA NIGHT 6:30pm	8 TEX- MEX Taco BAR 6 PM- 9 PM	9 TGIF @ The GQ BAR Pizza Specials Pilates 4-5pm or 5-6pm Basic & Dance Aerobics 7-8pm	10 Weight management & Staying fit 7:30-8:30am Yoga class: 9 am Basic & Dance Aerobics 9am - 10am
11 BBQ by the pool NOON -4PM	12	13	14 Water aerobics at 5:30pm Yoga class at 7.30 pm	15 NO TEX-MEX	16 TGIF @ The GQ BAR Karaoke Night Pilates 4-5pm or 5-6pm Basic & Dance Aerobics 7-8pm	17 Weight management & Staying fit 7:30-8:30am Yoga class: 9 am Basic & Dance Aerobics 9am - 10am Chili Cook-off
18 Sunday Brunch 10:30—3:30pm	19	20 Body Building & Weight Lifting 5-6pm	21 Water aerobics at 5:30pm Yoga class at 7.30 pm	22 TEX- MEX Taco BAR 6 PM- 9 PM	23 TGIF @ The GQ BAR Italian Night Pilates 4-5pm or 5-6pm Basic & Dance Aerobics 7-8pm	24 Weight management & Staying fit 7:30-8:30am Yoga class: 9 am Basic & Dance Aerobics 9am - 10am
25 BBQ by the pool NOON -4PM	26	27 Body Building & Weight Lifting 5-6pm	28 Water aerobics at 5:30pm Yoga class at 7.30 pm	29 NO TEX-MEX	30 TGIF @ The GQ BAR Steak Night & Jazz 6pm - 10pm	31 Weight management & Staying fit 7:30-8:30am Weekend Market & Free Family BBQ 11pm - 4pm Basic & Dance Aerobics 9am - 10am