

# Dear Valued Members,

We are excited to announce a refresh of our fitness program schedule at [Fitness Center Name]! Starting from [Start Date], we will be introducing new classes and special sessions to enhance your fitness journey.

## New Class Offerings:

- **High-Intensity Interval Training (HIIT):** Mondays and Wednesdays at 6:00 PM
- **Yoga Flow:** Tuesdays and Thursdays at 7:00 AM
- **Strength & Conditioning:** Saturdays at 9:00 AM
- **Dance Cardio:** Fridays at 5:30 PM

## Additional Highlights:

Don't miss our special workshops on nutrition and wellness starting in [Month]. Sign up at the front desk or visit our website for more details!

## Feedback Welcome:

Your feedback is important to us! Please let us know your thoughts on the new schedule and any classes you would like to see in the future.

Thank you for being a part of the [Fitness Center Name] community! We look forward to seeing you in class!

Sincerely,  
[Your Name]  
[Your Position]  
[Fitness Center Name]