

Dear Members,

We are excited to announce that our group fitness schedule has been updated! Here's a look at the new offerings:

Updated Group Fitness Schedule

Class Name	Day	Time	Instructor
Yoga Flow	Monday	6:00 PM	Sarah
HIIT Blast	Tuesday	5:30 PM	Mike
Zumba Dance	Wednesday	7:00 PM	Lisa
Pilates	Thursday	6:30 PM	Emily
Spin Class	Friday	5:00 PM	John
Weekend Warrior	Saturday	9:00 AM	Rachel

We hope you enjoy these new classes and find a perfect fit for your fitness journey!

Warm regards,
The Fitness Center Team