

Remote Workout Scheduling Process

Dear [Member's Name],

We are excited to introduce our new remote workout scheduling process at [Fitness Center Name]. To help you stay fit from the comfort of your home, we have designed a simple and efficient way for you to book your virtual workout sessions.

Steps to Schedule Your Remote Workout:

1. Visit our website at [Website URL].
2. Log in to your member account using your credentials.
3. Navigate to the "Remote Workouts" section.
4. Select your preferred workout class and instructor.
5. Choose a date and time that suits you.
6. Click "Schedule" to confirm your session.

Please ensure you schedule your sessions at least 24 hours in advance. After scheduling, you will receive a confirmation email with a link to join your workout.

If you have any questions or require assistance, feel free to reach out to us at [Contact Information].

Stay active and healthy!

Best regards,
[Your Name]
[Position]
[Fitness Center Name]