

Exciting Lunchtime Group Exercise Classes!

Dear Fitness Enthusiasts,

We are thrilled to announce the launch of our new **lunchtime group exercise classes** starting next week! These sessions are designed to help you stay active and energized during your busy workdays.

Details of the Classes:

- **When:** Mondays, Wednesdays, and Fridays at 12:15 PM
- **Where:** Studio A
- **Duration:** 45 minutes
- **Instructor:** Jane Doe, Certified Fitness Trainer

Whether you are looking to improve your fitness level or simply want to take a break from your desk, these classes are perfect for you! Join us for a variety of workouts including strength training, yoga, and cardio routines.

Don't miss out on this fantastic opportunity to boost your midday energy and connect with fellow fitness lovers!

We hope to see you there!

Best regards,

The Fitness Center Team