

Dear Members,

We are excited to announce our new Healthy Lifestyle Lunchtime Fitness Initiative! This program is designed to promote health and wellness during your lunch breaks, providing a perfect opportunity to recharge both body and mind.

What is the Initiative?

The initiative includes various fitness activities such as group workouts, yoga sessions, and fitness challenges, all scheduled during lunchtime. This is a chance to get active, meet fellow members, and enhance your overall well-being!

When and Where?

The fitness sessions will take place every Monday, Wednesday, and Friday from 12:00 PM to 1:00 PM at the main hall. Be sure to bring your workout gear and a water bottle!

How to Participate?

Simply sign up for the sessions through our member portal. Spots are limited, so be sure to register early!

Get Ready to Get Active!

We encourage all members to join us in this initiative to embrace a healthier lifestyle. Let's motivate each other and make the most of our lunch breaks!

Best regards,
The Wellness Team