

Registration for Lunchtime Fitness Class

Dear [Participant's Name],

We are excited to announce our upcoming Lunchtime Fitness Class designed specifically for busy professionals like you! This is a great opportunity to stay active and unwind during your workday.

Class Details:

- **Duration:** 45 minutes
- **Schedule:** Every Monday and Wednesday
- **Time:** 12:15 PM - 1:00 PM
- **Location:** [Venue/Room Name]

Please complete the registration form below to secure your spot:

Full Name:

Email Address:

Department:

Don't miss out on this fantastic opportunity to prioritize your health!

Best regards,
[Your Name]
[Your Position]
[Organization Name]