

Midday Wellness Class Sign-Up

Dear Fitness Enthusiast,

We are excited to announce our upcoming Midday Wellness Classes designed to rejuvenate your body and mind!

Class Details:

- **Date:** Every Monday and Wednesday
- **Time:** 12:00 PM - 1:00 PM
- **Location:** Community Fitness Center, Room 101
- **Instructor:** Jane Doe, Certified Fitness Trainer

What to Expect:

Join us for a blend of yoga, meditation, and light aerobic exercises aimed at promoting overall wellness. All fitness levels are welcome!

Sign-Up:

If you're interested in joining, please reply to this email or sign up at the front desk by **March 15, 2024**.

We look forward to seeing you in class!

Best Regards,

The Wellness Team