

# Staff Update

Dear Team,

We are excited to announce that we have a new addition to our fitness department!

Please join us in welcoming [**Instructor's Name**], our new fitness instructor. [Instructor's Name] comes to us with extensive experience in leading various fitness classes, including yoga, pilates, and high-intensity interval training. With a passion for health and wellness, [he/she/they] is committed to helping our members achieve their fitness goals.

[Instructor's Name] will be starting on [**Start Date**] and will be offering classes on [**Days/Times**]. We encourage you to introduce yourself and take advantage of the fantastic classes [he/she/they] will be providing.

Thank you for your continued support, and we look forward to seeing you in class!

Best regards,  
[Your Name]  
[Your Position]