

Join Our Community Fitness Classes!

Dear Community Member,

We are excited to announce our upcoming group fitness classes aimed at promoting health and wellness within our community. Join us for a variety of sessions designed for all fitness levels!

Class Schedule:

| Class Name | Day | Time | Location |
|------------|-----------|--------------------|-------------------------|
| Zumba | Monday | 6:00 PM - 7:00 PM | Community Center Gym |
| Yoga | Wednesday | 5:30 PM - 6:30 PM | Community Park Pavilion |
| Pilates | Friday | 7:00 AM - 8:00 AM | Local High School Gym |
| Cycling | Saturday | 9:00 AM - 10:00 AM | Community Center Gym |

Please bring your own water bottle and mat for the classes. We encourage participants to arrive 10 minutes early to get settled in.

We look forward to seeing you there and making fitness a fun and engaging activity for everyone!

Best Regards,

The Community Fitness Team