

Seasonal Group Fitness Class Updates

Dear Fitness Enthusiasts,

We are excited to share the latest updates for our upcoming seasonal group fitness classes! Below is the schedule and highlights for this season:

Class Schedule:

- **Yoga Flow:** Mondays at 6:00 PM
- **High-Intensity Interval Training (HIIT):** Wednesdays at 7:00 PM
- **Pilates for Strength:** Fridays at 5:30 PM
- **Outdoor Bootcamp:** Saturdays at 8:00 AM

New Additions:

This season we are thrilled to introduce:

- **Zumba Dance Party:** Tuesdays at 6:30 PM
- **Evening Stretch and Restore:** Sundays at 4:00 PM

Don't forget to bring a friend to enjoy a complementary class! Sign up today to reserve your spot. We look forward to an energizing season together!

Best Regards,
The Fitness Team