

Upcoming Group Fitness Class Challenges

Dear Fitness Enthusiasts,

We are excited to announce our upcoming fitness challenges designed to motivate and push your limits! Join us for these fun and energetic group classes:

1. 30-Day Fitness Challenge

Date: January 1 - January 30

Details: A month-long challenge aimed at improving endurance and strength. Weekly check-ins and fun activities!

2. Themed Workout Wednesdays

Date: Every Wednesday in February

Details: Come dressed according to the theme and participate in exciting group workouts. Prizes for the best costumes!

3. Weekend Warrior Bootcamp

Date: March 5 - March 6

Details: A high-intensity bootcamp over the weekend. Perfect for those who want to push their limits!

Don't miss out on the chance to challenge yourself and meet new friends! Sign up at the front desk or visit our website to join.

Best regards,
The Fitness Team