

Dear [Member Name],

We are excited to offer you a customizable fitness class schedule to help you achieve your fitness goals. Below are the available classes for the upcoming week:

Fitness Classes Schedule

Day	Class	Time	Instructor
Monday	Yoga	6:00 AM - 7:00 AM	[Instructor Name]
Monday	HIIT	5:30 PM - 6:30 PM	[Instructor Name]
Wednesday	Pilates	6:00 AM - 7:00 AM	[Instructor Name]
Friday	Spin Class	5:30 PM - 6:30 PM	[Instructor Name]

Customize Your Schedule

Please let us know which classes you would like to attend by replying to this email or contacting our front desk. We look forward to supporting your fitness journey!

Contact Information

If you have any questions, feel free to reach out to us at [Gym Phone Number] or [Gym Email Address].

Best regards,
[Gym Name] Team