

# Dear Fitness Center Attendees,

We are excited to announce new shift-based training opportunities to enhance your fitness journey! Our program is designed to accommodate various schedules and provide you with flexible training options.

## Available Training Shifts:

- Morning Shift: 6:00 AM - 8:00 AM
- Afternoon Shift: 12:00 PM - 2:00 PM
- Evening Shift: 6:00 PM - 8:00 PM

Each shift will include specialized training sessions led by our certified trainers, focusing on different fitness goals such as strength, endurance, and flexibility.

## How to Sign Up:

To reserve your spot, please visit our website or contact the front desk to find the shift that works best for you. Spaces are limited, so be sure to sign up early!

Thank you for being a part of our fitness community. We look forward to seeing you in the new training sessions!

Best regards,  
The Fitness Center Team