

# Tailored Exercise Program Schedule

Dear [Member's Name],

We are excited to present your personalized exercise program designed to help you achieve your health goals. Below is your schedule for the upcoming week:

## Weekly Exercise Schedule

Day	Exercise Type	Duration	Notes
Monday	Strength Training	45 minutes	Focus on core and upper body
Tuesday	Yoga	30 minutes	Improve flexibility and relaxation
Wednesday	Cardio	30 minutes	Running or cycling
Thursday	Rest Day	N/A	Recovery
Friday	HIIT	30 minutes	High-intensity interval training
Saturday	Group Class	1 hour	Engage in a fun group workout
Sunday	Outdoor Activity	1 hour	Hiking or swimming

We encourage you to stay hydrated and listen to your body during these sessions. For any adjustments or questions, feel free to reach out!

Stay healthy and active!

Sincerely,

[Your Gym/Health Club Name]