

Weekend Workout Options for Our Valued Subscribers

Dear [Subscriber's Name],

We hope you had a productive week! As the weekend approaches, we want to offer you some exciting workout options to help you stay active and energized.

Saturday Workout Classes

- **Yoga Flow:** 9:00 AM - 10:00 AM
- **Pilates Fusion:** 10:30 AM - 11:30 AM
- **High-Intensity Interval Training (HIIT):** 12:00 PM - 1:00 PM

Sunday Group Activities

- **Outdoor Boot Camp:** 8:00 AM - 9:00 AM
- **Zumba Dance Party:** 10:00 AM - 11:00 AM
- **Family Fun Day (all ages welcome):** 3:00 PM - 5:00 PM

Don't forget to hydrate and bring your workout gear!

We look forward to seeing you this weekend!

Best regards,
[Your Gym's Name]