

Self-Defense Class Equipment Requirements

Dear [Recipient's Name],

We are excited to welcome you to our upcoming self-defense class at [Fitness Center Name]. To ensure you are fully prepared for the sessions, please review the equipment requirements listed below:

Equipment Requirements:

- Comfortable athletic wear
- Closed-toe training shoes
- Water bottle
- Mat (optional, but recommended)
- Personal protective gear (if applicable)

Please arrive 10 minutes early to allow time to get settled. If you have any questions or need assistance, feel free to reach out!

Looking forward to seeing you soon!

Sincerely,

[Your Name]

[Fitness Center Name]

[Contact Information]