

Welcome to Our Self-Defense Class

Dear [Participant's Name],

We are excited to introduce you to our upcoming Self-Defense Class at [Fitness Center Name]. This class is designed to empower you with essential skills for personal safety and self-awareness.

Class Overview:

- **Date:** [Start Date]
- **Time:** [Class Time]
- **Duration:** [Class Duration]
- **Location:** [Class Location]
- **Instructor:** [Instructor's Name]

What You Will Learn:

- Self-defense techniques for various situations
- Awareness and risk assessment
- Conflict de-escalation strategies
- Physical conditioning and fitness

Who Can Join:

This class is open to individuals of all skill levels, ages [Minimum Age] and up.

Registration:

To reserve your spot, please register by [Registration Deadline]. You can sign up at the front desk or visit our website at [Website URL].

We look forward to seeing you in class and helping you gain confidence and skills for your personal safety.

Best,

[Your Name]

[Your Position]

[Fitness Center Name]

[Contact Information]