

# Welcome to Our Fitness Center!

Dear [Recipient's Name],

We are excited to announce our new group training offerings designed to help you achieve your fitness goals in a fun and engaging environment!

## Group Training Schedule

- **HIIT Training:** Mondays & Wednesdays at 6:00 PM
- **Yoga Flow:** Tuesdays & Thursdays at 7:00 PM
- **Zumba Dance:** Fridays at 5:30 PM
- **Pilates:** Saturdays at 9:00 AM

## Class Descriptions

**HIIT Training:** A high-intensity interval training session that boosts your endurance and burns calories.

**Yoga Flow:** A calming class that enhances flexibility and mindfulness.

**Zumba Dance:** An energetic dance workout that feels more like a party!

**Pilates:** Focus on core strength and stability while improving your posture.

## Special Promotion

Sign up for any group class this month and receive 20% off your first month! Use code: GROUP20.

We hope to see you in our classes soon!

Best regards,

[Your Name]

[Your Position]

[Fitness Center Name]

[Contact Information]