

You're Invited to a Workout Session!

Hey [Friend's Name],

I hope this message finds you well! I'm looking to amp up my fitness routine and thought it would be great to have a workout buddy. How about hitting the gym together this week?

Here are a couple of options for our workout:

- **Day:** [Insert Day]
- **Time:** [Insert Time]
- **Location:** [Insert Fitness Center Name]

Let me know if you're interested and if these times work for you. It'll be more fun working out together, and we can motivate each other to reach our fitness goals!

Looking forward to your response!

Best,

[Your Name]