

Dear [Recipient's Name],

I hope this message finds you well. I am reaching out to propose a virtual workout session together. I believe it would be a fun and motivating way for us to stay active and support each other in our fitness goals.

Would you be available for a workout session on [suggest a date and time]? We could choose a platform like Zoom or FaceTime for convenience.

Looking forward to hearing from you!

Best regards,

[Your Name]

[Your Contact Information]