

Fitness Class Schedule Update

Dear Fitness Enthusiasts,

We hope this message finds you well! We wanted to inform you about some exciting updates to our fitness class schedule.

New Class Timings

- **Zumba:** Mondays at 6:00 PM and Thursdays at 7:00 PM
- **Yoga:** Wednesdays at 5:30 PM and Saturdays at 9:00 AM
- **HIIT:** Fridays at 6:30 PM

Special Workshops

Join us for our upcoming workshops!

- **Nutrition Basics:** March 15th at 1:00 PM
- **Strength Training Techniques:** March 22nd at 3:00 PM

For more information and to register, please visit our website or contact us through email.

Thank you for being a part of our fitness community!

Sincerely,

Your Fitness Center Team