

Join Our Upcoming Fitness Classes!

Dear Fitness Enthusiasts,

We are excited to announce our upcoming fitness classes designed to help you achieve your health and wellness goals. Whether you are a beginner or a seasoned athlete, we have something for everyone!

Class Schedule:

- **Yoga for All Levels** - Every Monday at 6 PM
- **High-Intensity Interval Training (HIIT)** - Every Wednesday at 7 PM
- **Dance Fitness** - Every Friday at 5 PM

Location:

XYZ Fitness Studio, 123 Fitness Lane, Wellness City

Registration:

Please register for classes by replying to this email or visiting our website:

www.xyzfitnessstudio.com

We can't wait to see you in class!

Best regards,
The XYZ Fitness Team