

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Instructor's Name or Gym Manager's Name]  
[Gym Name]  
[Gym Address]  
[City, State, Zip Code]

Dear [Instructor's Name or Gym Manager's Name],  
I hope this message finds you well. I am writing to provide feedback on my recent experiences in the [specific gym class name] that I attended on [dates you attended the class].

[Begin with positive feedback about what you enjoyed during the class, such as the instructor's style, the workout routine, or the atmosphere of the gym.]

Additionally, I would like to offer a few suggestions that may enhance the experience for participants in the future. [Provide constructive feedback or suggestions for improvement.]

Thank you for taking the time to consider my feedback. I appreciate all the hard work that goes into creating a positive gym environment, and I look forward to continuing my fitness journey at [Gym Name].

Sincerely,

[Your Name]  
[Your Membership ID (if applicable)]