SL (Subject Line): Welcome to the world of MMA: Are you up for the challenge?

Dear *First Name*,

It is our pleasure to welcome you to New York San Da! A fulfilling martial arts journey awaits you.

Our gym offers a variety of classes that cater to all levels, from beginners to champions. Our experienced instructors, all personally trained by Sifu David A Ross, are dedicated to helping you achieve your MMA goals and will provide you with personalized attention and guidance.

Have you ever felt weak and passive due to your inability to defend yourself?

Or hated the shortness of breath you got from walking just a few meters?

Whether you want to become a pro in MMA or just have a fun and engaging workout, New York Sanda will have a place for you.

We offer trainings in:

Fitness Kickboxing

Muay Thai / San Da

Chinese Martial Arts ("Kung Fu")

With any questions/comments that you have, our staff is more than happy to answer.

Thank you for choosing our gym. We are excited to have you as part of our community and look forward to seeing you soon. Stay tuned for the newest updates and changes!

Best regards,

Sifu David A Ross

New York San Da