

■ aban news

AI Quickstart for AI in the gym

The realistic AI use cases on one page — no hype, with clear limits.

AI in the gym: member communication and admin, not the training

- 1. Member emails and onboarding
- 2. Class schedule and notice copy
- 3. Social media posts about offers and classes
- 4. Cancellation, freeze and complaint replies

Limit: AI gives you drafts, no guarantees. The professional and legal final check always stays with you.

Want more? aban news is a weekday AI newsletter for professionals (3–5 minutes, no hype): abannews.com ·
Subscribe free: abannews.beehiiv.com/subscribe