

Fitness Audit Notification

Dear [User's Name],

We hope this message finds you well. As part of our commitment to helping you achieve your fitness goals, we are conducting individual fitness audits for all our gym members.

Your fitness audit is scheduled for [Date] at [Time]. During this session, we will assess your current fitness level, discuss your goals, and provide personalized recommendations to enhance your workout regimen.

Please make sure to:

- Arrive 10 minutes early to complete any necessary paperwork.
- Wear comfortable workout attire.
- Bring any relevant medical information or previous fitness assessments.

If you have any questions or if you need to reschedule, please do not hesitate to contact us at [Contact Information].

Thank you for being a valued member of our gym. We look forward to seeing you soon!

Best regards,
[Gym Name]