

Wellness Assessment Notification

Date: [Insert Date]

Dear [Client's Name],

We are excited to inform you that as part of our commitment to your health and wellness, we will be conducting a specialized wellness assessment for all fitness center users. This assessment is designed to evaluate your current fitness level, identify your wellness goals, and provide personalized recommendations to enhance your fitness journey.

Assessment Details:

- **Date:** [Insert Assessment Date]
- **Time:** [Insert Assessment Time]
- **Location:** [Fitness Center Name and Address]

Please wear comfortable athletic attire and come prepared to actively participate in various assessments including body composition analysis, flexibility tests, and cardiovascular evaluations.

Feel free to reach out if you have any questions or concerns. We look forward to supporting you on your path to better health!

Best regards,

[Your Name]

[Your Title]

[Fitness Center Name]

[Contact Information]