

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

Dear [Trainer's Name],

I hope this message finds you well. I am writing to express my interest in personal training sessions at [Gym Name]. I am eager to enhance my fitness journey and believe that working with a personal trainer could provide me with the guidance and motivation I need to achieve my goals. My primary fitness objectives include [list your goals, e.g., weight loss, muscle gain, improving endurance]. I would love to discuss how you can assist me in reaching these objectives and any specific training programs you might recommend.

Please let me know your availability for an initial consultation. I look forward to the opportunity to work together and achieve my fitness goals. Thank you for your time and consideration.

Best regards,

[Your Name]