Your Logo Here

Dear [Insert Name]

Over the past [INSERT TRAINING TIME e.g. three months], I have really enjoyed working with you during our weekly gym session.

You’ve shown extreme commitment and improved your health and fitness through your dedication. Even through the difficult times, you have toughed it out and put in the hard work. You can be extremely proud of yourself.

It’s clients like you that make my job worthwhile and I always look forward to our sessions.

If you know of any friends, family or work colleagues that you think could benefit from improved fitness, I would love for you to provide me with their contact information.

Perhaps you could even provide them with some insight into the changes you’ve made from a health and fitness point of view under my guidance.

You are more than welcome to share my contact, website or social media details with anyone else you think would love to try out the gym environment .

Thanks and I am looking forward to seeing you progress towards your goals.

[YOUR NAME AND SIGNATURE]