

Informal and upbeat welcome email for a casual client

Subject: Excited to Start Training with You!

Hi [Client Name],

Welcome aboard! I'm [Trainer Name], your personal trainer, and I can't wait to help you reach your fitness goals.

We'll start with a fun and dynamic plan tailored to your preferences and fitness level. Expect workouts that challenge you while keeping things enjoyable!

If you have any questions before our first session, just shoot me an email. Let's make this journey exciting and effective!

Cheers,

[Trainer Name]

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