

Detailed welcome including program introduction and expectations

Subject: Welcome to Your Training Program

Dear [Client Name],

Welcome to [Gym Name]! We are excited to have you join our personal training program.

Attached you will find your personalized schedule, workout plan, and nutritional guidelines. Our team will guide you through every session, ensuring proper technique, motivation, and measurable progress.

Please review the materials and contact me if you have any questions. We look forward to helping you achieve your fitness goals.

Sincerely,

[Trainer Name]

[Position]

[Gym Name]

[Contact Information]

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