

Marcus Reid

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Mr Ollie Vance
Gym Manager
Hove Lawns Health Club
1 Kingsway
Hove BN3 2LA

Dear Mr Vance

Application for Senior Personal Trainer

I am applying for the Senior Personal Trainer role at Hove Lawns Health Club. I hold a Level 3 Diploma in Personal Training and have five years' experience in a busy Brighton gym, where I train about 25 regular clients a week.

Eighteen of my clients have trained with me for over a year. Each new client starts with an assessment and a 12-week programme that I review every four weeks, tracking body measurements, strength tests and heart rate so they can see their progress.

I also teach four group classes a week, circuits and spin, for up to 20 people, and many of my personal training clients first met me in a class. Your club's return-to-exercise programme for members recovering from injury is work I already do and would like to lead.

I hold emergency first aid at work. My CV is attached, and I would be happy to take a trial session with one of your team. Thank you for your time.

Yours sincerely

Marcus Reid