

# You're Invited to Your Initial Consultation!

Dear [Client's Name],

We are excited to invite you for an initial consultation with one of our certified personal trainers at [Fitness Center's Name]. This meeting will help us understand your fitness goals, assess your current fitness level, and develop a personalized training program just for you.

## Details of Your Initial Consultation:

- **Date:** [Insert Date]
- **Time:** [Insert Time]
- **Location:** [Fitness Center's Address]

Please arrive 10 minutes early to fill out any necessary paperwork. We recommend wearing comfortable workout attire so you can participate in a brief assessment.

To confirm your appointment or if you have any questions, feel free to contact us at [Contact Number] or [Email Address].

We look forward to helping you achieve your fitness goals!

Best regards,

[Your Name]

[Your Position]

[Fitness Center's Name]