

# Request for Shadowing Opportunity

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]

[Recipient's Name]  
[Recipient's Title]  
[Company/Fitness Center Name]  
[Company Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this message finds you well. My name is [Your Name], and I am a [Your Status, e.g., fitness enthusiast, student in sports science] with a strong interest in the fitness industry. I admire your work at [Company/Fitness Center Name] and would like to request an opportunity to shadow you.

The experience of observing your training sessions and client interactions would provide invaluable insights into the profession and help me develop my skills. I am eager to learn about [specific aspects you wish to learn about, e.g., client assessment, program design, etc.].

I am flexible with dates and times and can accommodate your schedule. Thank you very much for considering my request. I hope to hear from you soon.

Sincerely,  
[Your Name]