

Proposal for Personal Training Packages

Date: [Insert Date]

To: [Client's Name]

From: [Your Name]

[Your Gym Name]

[Gym Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

Introduction

Dear [Client's Name],

Thank you for considering [Your Gym Name] for your personal training needs. We are excited to present you with our customized personal training packages designed to help you achieve your fitness goals.

Personal Training Packages

- **Package 1: Basic Plan**
 - 4 Sessions per Month
 - Personalized Workout Plan
 - Nutrition Guidance
- **Package 2: Standard Plan**
 - 8 Sessions per Month
 - Personalized Workout Plan
 - Nutrition Guidance
 - Weekly Progress Tracking
- **Package 3: Premium Plan**
 - 12 Sessions per Month
 - Personalized Workout Plan
 - Nutrition Guidance
 - Weekly Progress Tracking
 - One-On-One Coaching

Pricing

The pricing for our personal training packages is as follows:

- Basic Plan: \$[Amount]
- Standard Plan: \$[Amount]
- Premium Plan: \$[Amount]

Conclusion

We believe our personal training packages will provide you with the motivation and expertise necessary to reach your fitness goals. For any questions or to discuss this proposal further, please feel free to contact me.

Looking forward to working together!

Sincerely,

[Your Name]

[Your Position]

[Your Gym Name]