

# Personal Training Authorization

Date: [Insert Date]

To Whom It May Concern,

I, [Your Name], hereby authorize [Trainer's Name] to facilitate my personal training sessions at [Facility Name]. I understand that this authorization grants [Trainer's Name] access to the facility on my behalf to conduct training sessions.

Personal Trainer Details:

- Name: [Trainer's Name]
- Email: [Trainer's Email]
- Phone: [Trainer's Phone Number]

Please allow [Trainer's Name] to access the facility as needed to provide me with personal training services starting from [Start Date].

Thank you for your cooperation.

Sincerely,

[Your Signature]

[Your Name]

[Your Address]

[Your Phone Number]

[Your Email]