

1. Job Advertisement (Indeed – London)

Position: Personal Trainer

Location: London, UK

Company: FitPro Gym

Type: Full-time, permanent

Salary: £26,000 – £30,000 per year + commission

Job Description:

FitPro Gym is looking for a motivated and enthusiastic Personal Trainer to join our growing fitness team in central London. The ideal candidate will be passionate about health and fitness, dedicated to supporting clients in achieving their goals, and capable of delivering high-quality training sessions both in person and online.

Responsibilities:

- * Design and deliver tailored fitness programmes for individual clients.
- * Conduct one-to-one training sessions and small group classes.
- * Monitor and record client progress, adjusting plans when necessary.
- * Provide nutrition and lifestyle advice to support overall wellness.
- * Maintain a positive and professional atmosphere within the gym.
- * Promote membership packages and contribute to client retention.

Requirements:

- * Level 3 Certificate in Personal Training (CIMSPA recognised).
- * Previous experience in fitness instruction or personal training.
- * Excellent communication, motivation, and customer service skills.
- * Strong understanding of anatomy, physiology, and nutrition.
- * Ability to work flexible hours, including early mornings and weekends.

2. CV – Personal Trainer

Profile:

Energetic and goal-oriented Personal Trainer with strong experience in creating tailored fitness and nutrition programmes. Committed to motivating clients to achieve their personal goals while maintaining a safe and positive training environment. Passionate about helping people improve their health, strength, and confidence.

Key Skills:

- * Personalised fitness and nutrition planning
- * Strength training and weight management
- * Client motivation and progress tracking
- * Group classes and one-to-one training
- * First aid and health & safety awareness
- * Excellent communication and interpersonal skills

Education:

- * Level 3 Diploma in Personal Training – UK Fitness Academy (2022)
- * Level 2 Certificate in Gym Instructing – UK Fitness Academy (2021)

Experience:

Personal Trainer – FitPro Gym, London (2022–Present)

- * Create customised workout and nutrition plans for clients.
- * Track progress and adjust programmes based on client performance.

Fitness Assistant – City Sports Centre, London (2020–2022)

- * Supported trainers during sessions and maintained gym equipment.
- * Provided guidance on proper exercise techniques to members.

3. Cover Letter – Personal Trainer

Dear Hiring Manager,

I am excited to apply for the Personal Trainer position at FitPro Gym in London. As a qualified fitness professional with experience in both one-to-one and group training, I am confident that my skills and passion for health and fitness make me a strong candidate for this role.

In my current role, I have successfully designed and implemented training programmes that help clients reach their fitness goals. I take pride in motivating clients through a positive attitude and professional approach. I also ensure that every session is safe, effective, and enjoyable.

My knowledge of exercise science, nutrition, and wellness allows me to deliver a holistic approach to training. I am eager to bring my enthusiasm and dedication to your team and support FitPro Gym in maintaining its excellent reputation for client satisfaction.

Thank you for considering my application. I look forward to the opportunity to discuss my experience further in an interview.

Kind regards,

Florin Eduard Matei