

## PERSONAL TRAINER

# Erin Callahan

### COVER LETTER

Dear Mr. Radke,

As a certified trainer with a background in kinesiology and a strong commitment to lifelong wellness, I'm excited to apply for the Personal Trainer position at Life Time Fitness in Minneapolis. Your focus on comprehensive health—across all ages and lifestyles—closely mirrors my own approach to coaching.

For the past five years, I've trained clients at the YMCA in Eagan, specializing in functional movement and long-term health outcomes. I developed tailored programs for older adults focused on mobility and strength maintenance, while also supporting youth athletes with injury prevention and conditioning. My sessions emphasize education and consistency, helping clients stay engaged while meeting tangible fitness benchmarks.


What draws me to Life Time is your holistic view of wellness. I appreciate that your trainers are educators as much as they are motivators. With a B.S. in Exercise Science and ACSM certification, I'm equipped to deliver safe, evidence-based programming—and connect with members on a personal level.

Thank you for considering my application. I'd love the opportunity to contribute to your team and help members live healthier, more active lives. I'm available at (612) 555-4381 or erin.callahan.pt@gmail.com.


Warmly,

Erin Callahan

### DETAILS

 (612) 555-4381

 erin.callahan.pt@gmail.com

 St. Paul, MN

### FROM

**Erin Callahan**

Personal Trainer

### TO

**Mr. James Radke**

Life Time Fitness – Target Center