

TINA MORENO

Personal Trainer



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Austin, TX

To Ms. Renee Park

F45 Training – South Lamar

Dear Ms. Park,

I'm writing to express my interest in the personal trainer/coach position at F45 South Lamar. With three years of experience coaching group HIIT classes and a background in exercise physiology, I'm confident I can bring energy, precision, and a team-first attitude to your studio.

Most recently, I coached at MADabolic in East Austin, where I led up to 10 classes per week focused on athletic conditioning and interval strength training. I'm known for creating a positive and motivating atmosphere while ensuring form, safety, and scalability for all fitness levels. I've also helped onboard new members with initial movement assessments to create a welcoming, informed start to their fitness journey.

What I admire about F45 is the structured variety—fast-paced formats with measurable progress. I'm excited to help your clients train with purpose and consistency. I hold an ACE-CPT certification and am CPR/AED certified through the Red Cross.

Thank you for your time. I'd love to contribute to the high energy and supportive culture at F45 South Lamar. I'm available for an interview and can be reached at (512) 555-7821 or tinamoreno.fit@gmail.com.

Sincerely,

Tina Moreno