

22 July 2025

**Application: Personal Trainer position at Bannatyne**

Dear Hiring Manager,

I am writing to apply for the Personal Trainer position at Bannatyne. Although I am new to the fitness industry, I bring with me a strong foundation in health and wellbeing, a recognised Level 3 Personal Training qualification, and a deep commitment to helping others lead active, fulfilling lives. Bannatyne's reputation for delivering premium health and fitness experiences aligns closely with my own values, and I am excited about the opportunity to begin my career with such a respected organisation.

Over the past year, I have completed a comprehensive programme in personal training, where I gained expertise in anatomy and physiology, programme design, and client motivation. I also developed a keen understanding of health and safety procedures, as well as nutritional principles to support client goals. While I have not yet worked in a gym environment, I have applied my knowledge in informal settings by helping friends and family achieve their fitness milestones through structured routines, accountability, and encouragement.

Before transitioning into the fitness industry, I worked in customer-facing roles in hospitality, where I learned the value of clear communication, empathy, and consistent service. These experiences have strengthened my ability to build rapport with a wide range of individuals. I am confident in my ability to create a welcoming, supportive space for members of all backgrounds and fitness levels.

What draws me to Bannatyne in particular is your holistic approach to health, your commitment to excellence in service, and the emphasis you place on building lasting client relationships. I am enthusiastic about the opportunity to grow within your team, contribute to your mission, and support members on their fitness journeys with professionalism, energy, and care.

Thank you for considering my application. I would welcome the opportunity to speak further about how I can support your team at Bannatyne.

Sincerely,  
Isla McKenzie

*Attachment: CV*