**[If Going to a Personal Trainer Was Like Going to Class.](http://rateyourstudents.blogspot.com/2010/03/if-going-to-personal-trainer-was-like.html)**

Dear Personal Trainer,

My name is George Gymflake and I am in your TR 9 a.m. training session. I know I haven't shown up in a while, but that's because my roommate's boyfriend ran over a ferret that exploded into the engine of her scooter right before he left for a manned mission to Mars, which means she's both distraught and needs a ride everywhere, and she works from 9:02 to 9:51 every Tuesday and Thursday. I would have rescheduled with you, but I thought I would be fine just doing the exercises on my own.

I pay my money, and I remember you saying that if I made appointments with you twice a week, [I would see results](http://www.amazon.com/gp/product/B00006WNPU?ie=UTF8&tag=ratyoustu-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=B00006WNPU). I don't understand why I need your specific exercises, when I learned exercises just like them last year at a different gym so I already know them, so I really can do them at home. Plus when I am in the gym and doing the exercises in [front of other people](http://www.amazon.com/Feeling-Good-about-Way-Look/dp/1572307307?ie=UTF8&tag=ratyoustu-20&link_code=btl&camp=213689&creative=392969), I get anxious and freeze up and can't remember what the exercises are.

My point is, I know I'm quickly approaching the end of my contract, and I haven't lost any weight or gained any muscle. I was wondering if there was anything I could do or say to take a few pounds off before the contract expires. I'd like you to know that I've really enjoyed the sessions that I have come to and I feel like I've learned a lot, but that's just not being reflected in my BMI.

Thank u,
George