

TO WHOM IT MAY CONCERN

I began using Nic as my trainer 18 Months ago. Prior to engaging him I reviewed many Trainers from different gyms. I found nic's experience and personality suited me and I have enjoyed the experience immensely. Using a personal trainer allows you to abdicate all responsibility for your workout, allowing you to get more from your Time in the Gym. I would Highly Recommend Nicolas Pillonel, as I am stronger now at 45, than I was at 30, when I was a competing triathlete.

Ian Laird

A handwritten signature in black ink that reads "I. A. Laird". The signature is written in a cursive style with a long horizontal stroke at the end.

Managing Director.