



Ontario Racquet Club
884 Southdown Road
Mississauga, Ontario L5J 2Y4
Tel: (905) 822-5240 • Fax: (905) 822-5314
www.ontarioracquetclub.com

February 20, 2005

To whom it may concern

My name is Crista Burch and I am the Personal Training Director at the Ontario Racquet Club (ORC). I have been working at the ORC for over 2 years now, with a year and a half as the PT Director. I have had the opportunity to work with a range of knowledgeable, promising personal trainers.

George Nimako started working as a Personal Trainer for the ORC in March 2004. He was "starting from scratch" here at the club and in just one year has consistently held a position of one of our top trainers. George's client's can't sing enough praise for him, and enjoy their hard workouts with him as he facilitates exercises they don't believe they can, do until he shows them they can. George continues to receive referrals from his existing clients for new ones every month. Word travels fast around this club about how George will push you past your limits! Limits you didn't know you could reach!

George has a background in the CFL playing with the Toronto Argonauts for 8 years, and with his team, winning two Grey Cups in 1996 and 1997. Prior to that, in university, George took a number of courses in Physical Education as a mandatory requirement for his degree. Therefore, when George is training his clients, he understands not only the physical, but also the theory behind his exercises. Having been through heavy competition in the past, he knows firsthand what it takes to get an edge over everyone else. In addition, he has experienced optimal conditioning for his body in order to perform at his best, and if an injury occurred, how to recover quickly to get back into his game.

This is what he can offer his clients.....experience, knowledge, support and guidance.

Crista Burch
Personal Training Director