

Jane Rose



I have been working out for the last few weeks with Haley and have enjoyed her workouts immensely. I have been working out for years and really appreciate her integration of pilates with the ball and other forms of exercise. It is the kind of routine that is possible to do when I am on the road! Her method can focus on every part of my body without strain and I look forward to coming back to Toronto just so I can work out with her again.

**Jane Rose
Manager of Keith Richards**