

“I am in my 50’s but still play competitive squash at a national level. All my life, I have had lower back problems which many times culminate in back spasms taking me off the court and out of tournaments.

Nothing seems to have helped me as much as the pilatecize sessions that I take with Haley . Not only has it helped my strength on the court but touch wood, no more back problems.”

Victor Harding – Canadian National Champion in his age category in Squash Racquets