

Johnny Symmonds

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My name is Johnny Symmonds. I am an executive director of The Lombard Insurance Company with responsibility for the development of its international businesses. As such, I travel extensively. I have had two lumbar laminectomies and an ankle heel fusion. I started Pilates about three years ago at a time that I was experiencing significant lower back pain. I previously had done yoga and had always been physically active. My back pain disappeared within a month of starting Pilates and has never returned. I am a keen golfer and feel as though I have a stronger swing now than before. I feel more confident about my lower back as a result of my core strength having improved significantly.

I find Leigh to be a patient and expert instructor. The hour I spend at the class races by and this is in no small way to do with the enthusiastic way in which she conducts it. She is attentive and I never feel as though I am doing anything beyond my capabilities.

I would unconditionally recommend Pilates with Leigh.

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