

A healthier you



NO-ONE combines health and fitness, personal touch, motivation, and Pilates better than Sharon Evans. The former Businesswoman of the Year and Beauty and

the Beast panelist has introduced Pilates to those after a fun escape with exercise.

Having founded her own successful fitness and weight loss business, Sharon now instructs Pilates.

“Pilates greatly helps people improve their balance, core stability and flexibility, as well as help in injury recovery,” she says.

“Recently I worked with the NSW senior cricket squad, and they were amazed how many benefits there were.

“I promise everyone will gain; whether reducing fat levels, increasing muscle tone, improving flexibility and posture, sharpening the mind, learning how to relax.

“It makes you a better all-round person, and importantly, I always design a program that works at their pace.”

Sharon runs full-on classes, smaller groups, even one-on-one sessions.

Long regarded as one of the best in her field, Sharon’s work has brought her many public speaking roles and personal appearances.

Equipped with her own range of beauty oils, she also operates a personal training and motivational business called Sharon Evans Success and has been a contributor to several women’s magazines, and a regular supporter of charities.