

Pilates day a success

AGAINST a backdrop of a sparkling ocean and blue sky more than 150 people joined the World's Biggest Pilates Class at Manly beach on Sunday.

The class was being taught by fitness and pilates instructor Sharon Evans to help raise money for the Heart Foundation.

A former Beauty and the Beast panelist and North Balgowlah resident, Sharon was overwhelmed by the response from the public to join the event.

"It was just brilliant," she said.

"There were lots of good vibes out there."

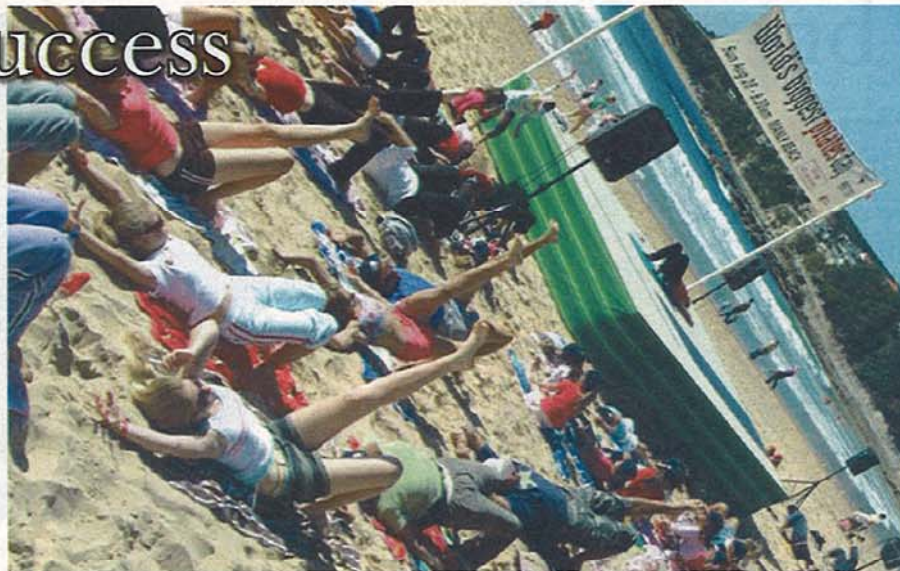
Sharon said it was a great buzz teaching the world's biggest pilates class, which was beamed around Australia via live television.

Participants took part in a one hour class on the beach which Sharon taught from an elevated stage.

As for setting a record on the class size, Sharon said given this was the first event of its type in Australia: "So I am the winner!"

Sharon said so much money was raised for the Heart Foundation it was still being counted.

She has plans to hold another event next year.



Manly beach was a sight to see on Sunday as more than 150 people took part in the World's Biggest Pilates Class taught by Sharon Evans. Photos by Danielle Wald.