

Manly Daily Profile



EXTENDING HERSELF: Sharon Evans has started a fitness and Pilates business.
Picture: ELENOR TEDENBORG

Success name of game

BEVERLEY HUDEC

YOUNG mum and business woman Sharon Evans has achieved that ideal combination – amalgamating her working life with her passion.

“My life is fitness and Pilates is my love,” Evans said.

Evans, 36, is the face and name behind Sharon Evans Success, her fitness and Pilates business.

“I had a name in the area, people knew who I was,” she said. “It’s just an extension of myself.”

That name came from the Forestville Weight Loss and Fitness Centre, a business that she sold seven years ago.

“It was very successful. I started from nothing. I was very ambitious in the fitness industry.”

Although Evans had a small team working with her in Forestville, she found that running the business took up too much of her time.

“I never had time to help the clients because I was running it,” she explained.

“It was very time-consuming so I decided to sell. I did quite well out of selling the business.”

Subsequently Evans decided to capitalise on her best asset – her name. Five years ago she self-branded her image and her eponymous fitness and personal training business was born.

For the first time Evans could concentrate exclusively on her clients. She offers a range of classes and one-on-one

Pilates coaching from her home studio in North Balgowlah as well as Sunday afternoon and Tuesday morning classes in the North Balgowlah Community Hall.

“Pilates is a form of muscle toning,” she said. “It works all the muscles in the body and strengthens the core muscles.”

Evans feels that Pilates’ popularity and appeal to both men and women stems from its low impact on the body. Several of her clients are referrals from doctors and chiropractors.