



SkiPilatesFUSION



SkiPilatesFUSION - attitude at altitude

Put Pilates to a personal test

Go ahead. Make your day.

Pilates sampler pack 1 \$102

- 1 initial assessment
- 1 studio class

Pilates sampler pack 2 \$173

- 1 initial assessment
- 1 private 1/1
- 1 studio class

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www.skipilatesfusion.com.au



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Pilates now has a permanent presence in the High Country.

Ski Pilates Fusion caters for everyone, with a fully-equipped studio under the expert guidance of Pilates instructor, ski champion and enthusiast, Sally Rosenhain.

Pilates brings a range of life and health enhancing benefits and helps your body re-educate itself for better use of its energy systems. Pilates is also a valuable aid to pain relief for musculo-skeletal problems.

At its core is the principle of abdominal strength, correct spinal posture, muscular integrity and integrated breathing.

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SPF at Onsen Retreat & Spa
Big Muster Drive Dinner Plain

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