



SkiPilatesFUSION



SkiPilatesFUSION - attitude at altitude

The High Country gets better with Pilates

Pilates comes to the High Country

Whether you dream about skiing the snow-clad slopes, or walking, biking or horse-riding the High Country, you can now add an extra pleasure to your visit.

For the first time, Pilates has a permanent presence at Dinner Plain. Opened in June 2008, Ski Pilates Fusion caters for every type of visitor with a fully-equipped studio under the expert guidance of qualified Pilates instructor and ski champion, Sally Rosenhain.

Go ahead. Make your day.

Whatever your age or level of health or physical fitness, Pilates brings a range of life and health enhancing benefits:

- boosted musculo-skeletal strength and flexibility for more active performance
- improved balance and coordination for greater confidence
- improved general fitness for a greater sense of wellbeing
- accelerated injury recovery rates for a speedier return to active living
- proven pain relief.

Pilates – proven history

The Pilates method was created by Joseph Pilates in the 1920s. Disabled in youth, he developed the method to help injured athletes and dancers recuperate. It now has increasing recognition from traditional medicine as a viable allied health option.

At its core is the principle of abdominal strength, correct spinal posture, muscular integrity and integrated breathing. Under expert, professional guidance, the body re-educates itself to better use of its energy systems. Pilates is also acknowledged as a valuable aid to pain relief for musculo-skeletal problems.

SPF – the power of one-on-one

The beauty of SPF Pilates is its personal appeal. As a small studio, you know your program will be based on individual assessment and tuition, either alone or in a group of no more than three. Your initial assessment determines your level of fitness and ensures your program is exactly attuned to your needs. All progress is strictly monitored and your program fine-tuned at each session. So, whether you're new to the discipline or a seasoned Pilates proponent, your progress is in the best of hands.

SPF – the power of location

A final benefit of SPF is its location within the Onsen Retreat and Spa, Australia's only luxury indoor/outdoor alpine retreat. Onsen offers hot stone relaxation or therapeutic massage, communal bathing, lap pool, gymnasium, saunas, relaxation lounge and outdoor Onsen (40 degree) hot pool.

When, what and how much

SPF is open Wednesday to Sunday in winter, with morning and afternoon studio classes. For summer opening days and hours, please contact Onsen. Private classes and Pilates samplers are available by appointment outside of regular studio class times.

Classes are conducted in the fully equipped Pilates studio with Reformer, Cadillac, Wunda chair, incline bench and small apparatus.

The initial one hour assessment is \$66. A one hour studio class is \$42 and a private class \$75. Packs of 10 studio classes are \$378 and a Pilates sampler is available for the weekend or weekly client.

All prices are subject to change without notice.

For more information and bookings contact Ski Pilates Fusion by phone, or email info@onsen.com.au.