

PILATES PT FOUNDER HOLLIE GRANT, TAKES UP RESIDENCE AT MANDARIN ORIENTAL HYDE PARK, LONDON



[Mandarin Oriental Hyde Park, London](#) has teamed up with super-trainer and founder of London's successful PilatesPT studio Hollie Grant, to offer a menu of holistic and bespoke programmes at her new studio.

Hollie is renowned for *The Model Method*, which combines HIIT training and Pilates for the ultimate result-driven regime in London. Already offering one-to-one sessions to some of the most well-known celebrities at her Fulham studio, Hollie is now setting up residence at the newly opened Pilates studio within the Wellbeing and Fitness centre at Mandarin Oriental Hyde Park, London.

Priced from **GBP 150**, guests wishing to get in shape with Hollie or one of her female Master Trainers will be able to choose from the following:

- **The Model Method:** a mixture of HIIT, Reformer Pilates and strength training carried out in our totally private fitness suite. The first session commence with a 90 minute consultation, followed by individual session of 55 minutes each. This workout has been tailored for guests who want to be the fittest, healthiest, and strongest version of

news release

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themselves, and is exclusive to *PilatesPT*. It is based on scientifically proven techniques and has taken 4 years to perfect.

- **Reformer Pilates** - a machine based Pilates workout that focuses on strengthening, lengthening and rebalancing the body. Carried out in the private fitness suite, each sessions last 55 minutes. Ideal for guests wishing to focus on improved strength, build muscle, but also those who suffer with back pain, are post-operative, or pre and post-natal.
- **Traditional Personal Training** – A personal training session on the hotel’s gym floor based on more traditional personal training methods.

Providing a new lifestyle overhaul, Hollie has also partnered with nutritionist expert Laura Thomas, and launched her first cookbook, *The Model Method*. The book will be available for purchase at the boutique of the gym, whilst guests staying at the hotel or visiting The Rosebery Lounge will also benefit from a selection of nutritious dishes straight out of Grant’s book.

“I am so excited to take up a residency within such a highly regarded hotel in undoubtedly one of the most beautiful areas and gym spaces in London. I cannot think of a more perfect location to open our second studio and I look forward to working with Mandarin Oriental Hyde Park, London to help spread our message to a greater audience through our bespoke training sessions, workshops and gym memberships.” Hollie commented.

About Mandarin Oriental Hyde Park, London

Overlooking the bustle of fashionable Knightsbridge on one side and the tranquil beauty of Hyde Park on the other, Mandarin Oriental Hyde Park, London is the city’s most prestigious address. The hotel has recently completed the first half of an exciting renovation, and has unveiled its beautiful, newly restored Knightsbridge facing rooms that combine contemporary grandeur with a refreshing play on traditional luxury for guests to enjoy. Work has now begun on the Hyde Park facing guest rooms and suites which will be completed in the third quarter of 2018. As well as two new, luxurious penthouse suites with private terraces and views over the park, there will be an uplifting renovation of *The Spa at Mandarin Oriental*, as well as a light refurbishment of the hotel’s popular restaurants and bar. The hotel remains open throughout this restoration, which is designed to ensure Mandarin Oriental Hyde Park, London’s position as one of the best hotels in the capital.

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About Mandarin Oriental Hotel Group

About Mandarin Oriental Hotel Group Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most luxurious hotels, resorts and residences. Having grown from its Asian roots into a global brand, the Group now operates 31 hotels and eight residences in 21 countries and territories, with each property reflecting the Group's oriental heritage and unique sense of place. Mandarin Oriental has a strong pipeline of hotels and residences under development. Mandarin Oriental is a member of the Jardine Matheson Group.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media section](#), at www.mandarinoriental.com. Further information is also available on our [Social Media](#) channels.

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