



P I L A T E S P T

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**Instagram:** @thepilatespt

**Contact:** Hollie Grant

**Phone:** 0203 026 8342

**Email:** hollie@pilatespt.co.uk

**2 x TATLER AWARD WINNING PILATES STUDIO LAUNCHES REVOLUTIONARY NEW  
PRE-NATAL PILATES PLAN - THE BUMP PLAN**

*Hollie Grant, author of 'The Model Method' and trainer to the stars, launches 'The Bump Plan' alongside a full online class schedule due to phenomenal demand*

Pilates PT founder Hollie Grant has launched her latest project 'The Bump Plan' - a training methodology designed for all stages of pregnancy that combines low impact cardio and trimester specific Pilates. Designed to prepare the body for labour, reduce pregnancy-related aches & pains, and develop muscles required with a newborn, The Bump Plan is the first plan of its kind to incorporate this unique combination.

Due to an overwhelming demand, Hollie has launched a full series of live online workouts where clients can train in The Bump Plan. All classes cost £10 (and are free for NHS workers), have unlimited capacity, and are accessible to anyone with access to the internet and space to workout at home.

*"Hollie is an excellent teacher and The Bump Plan such a great idea - I suspect it will be my way of staying sane over the weeks and months to come. Delighted to have found a way to keep moving, and practise movements that I can be confident are safe for me and my baby."*

*"I did a virtual Bump Plan class with Hollie and thoroughly enjoyed it. She is so passionate and knowledgable and an all round lovely person. I was feeling uncertain about being on lockdown because of Covid but after her class I felt positive and motivated. Thank you Hollie!!"*

**Notes to Editors:** Hollie Grant is the founder of Pilates PT and creator of The Pilates PT Method™. A trained chef, Tatler award-winning personal trainer and experienced Pilates instructor, Hollie is passionate about encouraging women to think of their bodies not by dress size, but by their function and ability to withstand illness.

After training with STOTT and teaching over 6000 classes, Hollie now runs two successful personal training studios in Fulham and at The Mandarin Oriental, Hyde Park, an online plan (The Pilates PT Method Online) and an industry-leading podcast 'The Strong Women Podcast'. She is also a global ambassador for Sweaty Betty, a brand ambassador for Elvie, and trains clients in live online classes of Dynamic Mat Pilates and her signature workout The Pilates PT Method™.

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