

news release

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

Hong Kong, 10 January 2018 - [Mandarin Oriental Hyde Park, London](#) has teamed up with award-winning trainer and founder of London's successful *PilatesPT* studio Hollie Grant, to offer a menu of holistic and bespoke programmes at the hotel's new *PilatesPT* Studio from 5 February, 2018. All programmes are suitable for both men and women

Hollie is renowned for *The Model Method*, which combines HIIT training and Pilates for the ultimate result-driven regime. 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 *PilatesPT* Studio within the Wellbeing and Fitness centre at Mandarin Oriental Hyde Park, London.

Priced from **GBP 140**, guests wishing to train 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 a totally private fitness suite. The first session commences with a 30 minute consultation and a 55 minute workout, followed by an individual session of 55 minutes. This workout has been tailored for guests who want to be the fittest, healthiest, and strongest version of themselves, and is exclusive to *PilatesPT*. It has been created on science based workout principles 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 session lasts 55 minutes. Ideal for guests wishing to focus on improved strength and wanting to build muscle, but also suitable for 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.

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Offering guests a chance to improve their lifestyle, Hollie has also partnered with nutritionist expert Laura Thomas (PhD), and launched her first book, *The Model Method*. The book is a combination of Pilates and HIIT workouts, plus recipes that help you create a stronger, healthier body, and will be available for purchase at the Wellbeing and Fitness centre.

“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.

Gérard Sintès, General Manager of Mandarin Oriental Hyde Park, London, further stated: “We are delighted that Hollie is joining Mandarin Oriental Hyde Park, London and are pleased to welcome her within our Wellbeing and Fitness facilities. Our guests will be able to experience a different workout regime with one of the most results focused and in demand celebrity trainers in the capital.”

About Hollie Grant

Ex-professional Pastry Chef Hollie Grant is an award-winning Pilates instructor, Personal Trainer, and author of ‘The Model Method’. She is the owner of Fulham based studio PilatesPT where, alongside her all female team, she has trained clients including Jourdan Dunn, Melissa Hemsley, and Deliciously Ella. As the creator of The Model Method and The Model Method Online Hollie’s motivation is to change women’s relationship with their bodies and learn to love exercise.

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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.

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.

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