# Online Pilates platform, Shapes, is launched by Paola Langella

Submitted by: Andrea Sexton PR
Tuesday, 22 January 2019

Personal trainer and renowned Pilates instructor Paola Langella  is delighted to announce the launch of Shapes https://shapesstudio.co an online Pilates and fitness studio and community.

Years of Pilates training and teaching made Paola realise that a number of her clients want to be able to continue their workouts when travelling or in between sessions at home. Shapes is the perfect platform to do that with.

Paola explains “Many of my clients have told me how frustrated they get when trying to keep up the continuity of their workouts when they are on holiday or travelling with work. By creating an online studio the members can workout from any location across the globe - and connect with each other”

Shapes is a platform that brings the power of Pilates to parks, living rooms, studios, offices, beaches and rooftops across the world, any time day or night; through videos that can be used for self practice or sharing with loved ones. Unlike other online offerings, the Shapes videos form part of a rhythm and a progression. The community of members builds solidarity; and with unlimited access to videos, members can indulge in sustained strength, balance, and wellbeing and nurture a love of their own bodies.

Shapes offers two types of Pilates workout, Dynamic and Cardio, with a meditation section also in development. The pilates videos are divided into body parts so it is easy to create a bespoke workout programme by building your own video library.

Paola explains her philosophy: “Our body shapes are different, we cannot copy each other . We are like the Matisse's cut out, original, different as unique and we treat our body as our temple. We work out to get the best of our shape inside and outside"

Shapes is available online: https://shapesstudio.co/

ENDS

info@andrea-sexton.com
07887997922



Distributed via Press Release Wire (https://pressreleases.responsesource.com/) on behalf of Andrea Sexton PR

Copyright © 1999-2024 ResponseSource, The Johnson Building, 79 Hatton Garden, London, EC1N 8AW, UK

e: info@responsesource.com t: 020 3426 4051  f: 0345 370 7776 w: https://www.responsesource.com