



FUNCTION | LIFESTYLE | BALANCE

Luxe fitness space set to change your thinking from the inside out

Studio PP, a new health and fitness mecca opens in Melbourne

Former Australian Winter Olympian and influential fitness coach, Stephanie Prem, is opening her second luxe fitness space in Melbourne's chic South Yarra – Studio PP.

Studio PP is a complete health and fitness destination, with a contemporary approach to fitness and a foundation based on the belief that body and mind are intrinsically connected. There are no standard programs and everything Prem and her team offer is centered on core stability and functional movement.

A name known to many as the spirited Olympic Snowboarder who recovered from an extreme injury, Prem takes an honest and uplifting approach to training and through her own recovery has developed a unique approach to getting fit and feeling strong.

"Studio PP offers clients a distinctive method and all classes, training sessions and programs are based on core stability and functional movement. We believe in performance from the inside out and celebrate our clients being the best version of themselves – on and off the mat." says Prem.

Reformer Pilates, yoga, barre, boot camp, boxing and personal training are offered with tailored programs focusing on the right results for your body. The Studio PP team create innovative programs and classes that will effortlessly become a part of their client's health and lives.

Aesthetically beautiful in its own right, the studio has been designed to inspire and bring a sense of clarity and strength to everyday workouts. White walls, copper lighting and beautiful oak-wood floorboards come together to create this luxe urban oasis, soothing the outside environment with a warm and welcoming atmosphere.

Studio PP also has nutrition and recovery in mind, offering food and meal planning consultation through an in-house nutritionist, while massage therapy remedies any aches and pains.

Studio PP is located at Level 1, 7 Almeida Crescent, South Yarra VIC.

For more information about the studio, method or classes, visit: www.studiopp.com.au

-ends-

For further information or imagery of the studio, or to set up a pictorial or interview opportunity at Studio PP and/or of Stephanie Prem, please contact Mkt. Communications:

Katey Power / Skye Tipler

p: 03 9533 2699

e: katey@mktcommunications.com.au / skye@mktcommunications.com.au



About Studio PP

Launched in May 2015, the studio offers a complete fitness and wellness experience from Pilates, yoga, barre, bootcamp, personal training, massage and nutritional advice; all of which can effortlessly support you on your journey of good health and strength. Founder, owner and former Winter Olympian, Stephanie Prem, takes an innovative approach to the fitness and health offerings by using the fundamentals of the pilates method and performance training as the core to everything they do. The team at Studio PP hard using precision and accuracy during your workout to optimise your function and build long-term resilience, strength and balance that your body deserves.

About Stephanie Prem

Stephanie is the founder and director of Studio PP and the Premium Performance training method. Stephanie is a former Winter Olympian and spent 10 years of her life as a professional athlete. Her passion for Pilates stems from a four-year rehab stint (consisting solidly of corrective exercise and Pilates) following her career ending back injury in 2010. Stephanie has trained and worked alongside some of Australia's industry leaders, has 15 years dance experience and is clinically trained. She lives and breathes health, wellness and an active lifestyle and is a walking-and-talking embodiment of her brand.