



THE SHAPE SHIFTER

Looking for a workable solution to getting back in shape? Eva Berg has the answer with an intensive new three-week programme that guarantees results. The bonus? It's delivered in the privacy of your own home

With a loyal fan base and almost 30 years' experience teaching Pilates Eva Berg, founder of The Secret Pilates, is finely attuned to her clients' needs. "Privacy is paramount for my clients; many prefer to work out when it suits them as opposed to when it suits the studio."

During lockdown, therefore, Berg decided not to use Zoom, creating instead an innovative series of short, effective daily mat workouts that could be accessed online whenever required. No equipment was needed and each workout had a focus or theme. After 20 months of creating inspiring mat classes, there is now an impressive library of classes.

So successful was this initiative that when lockdown ended many regular clients kept subscribing to the system. Berg too liked the interaction she had with clients. "They could email or text me questions or requests which I incorporated into the new class on the following day or answered directly. My clients loved this personal touch as well as the enormous daily benefits of Pilates". Not only does Pilates tone and firm, it also stretches tight muscles to prevent injury and strengthens core muscles to help with all functions of movement, in the process reducing back and neck pain.

Berg is launching a new intensive three-week online series on January 10, for €89. "I have created a set of super-effective classes that target the stomach, waist, upper arms, legs and bottom. The exercises, which are particularly helpful for peri-menopausal and menopausal women, also help increase lung capacity with breathing techniques, while a series of relaxation and stretch sessions aid sleep."

Exclusively during the month of January, Berg is offering a year's subscription for €199 with access to daily classes plus the three-week intensive package. This works out as a saving of €240 and, more importantly, creates a workout habit that guarantees results. Mindful of her clients' time, Berg caps each class at 20 minutes. "I don't believe in over-complicating things and get straight into effective workouts without too much talking. My priority is to create exercises that work for both novices and more experienced Pilates devotees alike."

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