



FOR IMMEDIATE RELEASE

## COMO SHAMBHALA LAUNCHES THE FOUNDER'S PILATES SERIES IN PARTNERSHIP WITH FLEX STUDIO



These private Classical Pilates classes offer unparalleled depth and expert instruction and honour the original teachings of Joseph Pilates

**SINGAPORE AND HONG KONG, 29TH OCTOBER 2025 —** COMO Shambhala Singapore launches the Founder's Pilates Series on 3rd November 2025 in partnership with Flex Studio, Asia's leading Classical Pilates and movement studio. These private Classical Pilates sessions, performed on Gratz equipment, combine elite teaching by Flex Studio with the commitment to holistic wellness championed by COMO Shambhala founder, Christina Ong.

"This partnership is an intersection of mindful movement and holistic living. It brings together COMO Shambhala's reputation for transformative wellness and holistic wellness and Flex Studio's mastery of the Classical Pilates method, in a setting designed to support resilience, vitality, and mindful living," says Corinne Ng, Deputy Chief Operating Officer for COMO Shambhala.

"At Flex, our mission is to preserve the purity and power of the Classical method while making it relevant for modern lives. The sessions deliver a refined, precision-led practice designed to strengthen the body and center the mind," says Heather Thomas, founder of Flex Studio. "To bring The Founder's Series to COMO Shambhala, a brand synonymous with global wellness excellence, is an opportunity to create a rare, elevated experience that clients in Singapore cannot find elsewhere."



COMO Shambhala Private Pilates Studio

The Founder's Pilates Series will debut with private and duet Classical Pilates sessions. Classical Pilates follows the original system created by Joseph Pilates, using specialised apparatus and a structured progression of exercises that build strength, improve posture, and enhance mobility. With two decades of expertise in Hong Kong and Singapore, Flex is widely regarded as Asia's authority on Classical Pilates.

In a Founder's Pilates Series session, clients are guided through a bespoke, 55-minute workout across all Classical apparatus. It begins with a Reformer sequence to align and strengthen the body, while allowing the instructor to evaluate the client's needs. The client then moves onto the other apparatus — including the Chair and Barrel — to establish stability, balance strength with stretch, and challenge stamina. This proprietary combination of movements, developed by Flex Studio founder Heather Thomas, allows for maximum results in minimum time.

Sessions are exclusively delivered by a team of elite instructors, who are selected and led by Thomas. Thomas is a certified third-generation Instructor and Educator, through Alycea Unagaro, in the lineage of Joseph Pilates' protégé Romana Kryzanowska. The instructors are highly qualified, each surpassing a minimum of 600 hours in both practical application and teaching experience. Schooled in the finer points of biomechanics and anatomical corrections, the sessions are highly personalised.

The Founder's Pilates Series will be taught exclusively in COMO Shambhala's newly-equipped Pilates studio, outfitted with Gratz equipment, the original apparatus built to Joseph Pilates' exact specifications. Known globally as the gold standard in Classical Pilates, Gratz ensures clients experience the method with the same precision, resistance, and alignment, allowing them to accurately hone their practice, creating opportunities for deep refinement and growth.

## PRICES AND INCLUSIONS

The Founder's Pilates Series is available as an individual or duet booking. For individual classes, a single session is priced at SGD 240 and a package of 12 sessions is priced at SGD 2,640. For duet classes, a single session is priced at SGD 360 and a package of 12 sessions is priced at SGD 3,720.

Each class is 55 minutes. To apply, clients can join a waitlist.

For more information or to register, please click [here](#).



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### Imagery

Please find high-res images [here](#).

### Media Contact

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### ABOUT COMO SHAMBHALA AND THE COMO GROUP

Created by founder-owner Christina Ong and headquartered in Singapore, the COMO Group represents an integrated approach to living well, grounded in a celebration of collaboration, diversity, quality and authenticity. The COMO Group's wellness brand is called COMO Shambhala, a multi-award winning business which has dedicated over 25 years to promoting healthy living in Singapore and beyond, with products, functional fitness, yoga, Gyrotonic® and Pilates, mind, bodywork, and spa services. The COMO Group's businesses also extend across hospitality (COMO Hotels and Resorts, with 18 properties worldwide), fashion (Club21, Kids21 and Dover Street Market Singapore), organic living and specialty foods (Supernature and Culina), dining (AT feast, Candlenut, Cédric Grolet Singapore, COMO Cuisine, COTE Singapore, Culina Bistro, Ippoh Tempura Bar by Ginza Ippoh, Glow, Pangium, The Dempsey Cookhouse and Bar, and Torno Subito Singapore) and philanthropy (COMO Foundation). Our customer recognition programme is called Comoclub.

### ABOUT FLEX STUDIO

Flex Studio is Asia's premier destination for Classical Pilates, renowned for delivering the gold standard in intelligent movement. Founded in 2005 in Hong Kong by Asia's Lead Educator and Founder of Flex Studio, Heather Thomas, Flex has built its reputation on expert instruction, authentic methodology, and a personalised approach to Pilates. With flagship studios in Hong Kong and Singapore, Flex offers a comprehensive range of small group classes, private sessions, workshops, retreats, and internationally recognised teacher training programs led by the region's most qualified classical Pilates trainers. Flex Studio stands apart by remaining true to the original teachings of Joseph Pilates, utilising only the traditional system of movement, equipment, and sequences. This commitment ensures clients experience genuine Classical Pilates, which is proven to enhance core strength, alignment, flexibility, and overall well-being. More than a classical Pilates studio, Flex is a vibrant community and a hub for future Pilates professionals. As Asia's Home of Intelligent Movement, Flex Studio empowers clients to move better for life, leaving each session feeling lighter, stronger, and more connected in body and mind.

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