

Health & Fitness

Pure Pilates extends hours for clients

NEW PROVIDENCE — Pure Pilates, a full-service Pilates studio offering private or duet sessions and Tower, Reformer and mat classes, has extended its hours to include more weekend and evening classes.

"Our clients asked and we

responded," said Pure Pilates owner Carol Crincoli. "We have added several new evening and weekend classes to help accommodate everyone."

The new hours at Pure Pilates are Monday – Thursday from 8 a.m. to 1 p.m. and from 3 p.m. to 9 p.m.; on Fridays

from 7 a.m. to 1 p.m., and on Saturdays from 8 a.m. to noon.

For the Pilates novice, mat intensive workshops are the first Saturday and third Tuesday evening of every month.

Pure Pilates has classes available for every level – from

the first timer to those who have been practicing Pilates

for years – the flexible schedule is designed to meet everyone's needs. For more information on class times and schedules, visit the website at

www.purepilatesnj.com or call 908-286-1100.