

Pure Pilates offers CX3 on 1st Saturday of each month

NEW PROVIDENCE — Pure Pilates, a full service Pilates studio, is now offering CX3 (Coffee, Conversation and Core Training) on the first Saturday of every month.

Classes run from 9 a.m. – 12:30 p.m. and include mixed level mat, tower and reformer classes.

“CX3 is open to everyone – first time Pilates students as well as long time enthusiasts,” said Pure Pilates owner Carol Crincoli. “It is a chance to come together for a great core workout, a great cup of coffee and great conversation.”

Pure Pilates has classes available for every level – from the first timer to those who have been practicing Pilates for years – and a flexible schedule is designed to meet everyone’s needs. There is no membership fee required. Advanced sign up is required.

Originally designed as a type of exercise for men and ballet dancers, creator Joseph Pilates stated “In 10 sessions you will feel the difference, in 20 you will see the difference, and in 30 you’ll have a whole new body.” At Pure Pilates, clients will learn how to achieve a more balanced and toned body.

“Each of our instructors has been trained in the Pilates Method,” said Ms. Crincoli. “They are all Pilates Method Alliance (PMA) certified or are scheduled to take the exam. Our clients can feel confident that they will be trained in a manner that is safe and designed to get results. Our philosophy is to inspire life from the core.”

For more information on class times and schedules, visit the website at www.purepilatesnj.com or call 908-286-1100.