
Pure Pilates opens doors, 'Inspiring life from the core'

NEW PROVIDENCE — Pure Pilates, a full service Pilates studio, offering private and duet sessions as well as a variety of mat, tower and machine classes, officially

opened its doors in October at 133 Gales Drive, (over New Providence Chiropractic).

Owned and operated by Pilates Method Alliance (PMA) certified Pilates instructor and personal trainer Carol Crincoli, Pure Pilates is committed to "inspiring our clients to live life from the core," said Ms. Crincoli.

Pilates, the unique system of strengthening and stretching exercises created in the early 20th century by Joseph Pilates, is an excellent form of exercise for men and women of all ages. "All of our instructors are Pilates Method Alliance (PMA) certified or scheduled to take the exam in the next six months. This national accrediting organization ensures our clients quality, expertise and integrity in the teaching and practice of the Pilates Method," Ms. Crincoli explained.

Originally trained as a personal trainer, Ms. Crincoli has more than 15 years of experience in the exercise field. "Pure Pilates allows me to offer everyone one-on-one attention – an hour to focus on themselves and rejuvenate before returning to the demands of everyday life."

Pure Pilates serves residents of Morris, Union and Somerset counties. For more information and to schedule classes call 908-286-1100 or visit the website at www.purepilatenj.com.