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Pure Pilates owner trains with masters

NEW PROVIDENCE — Carol Crincoli, owner of Pure Pilates, the full-service Pilates studio in New Providence, recently attended two continuing education Pilates seminars in New York.

"Our entire staff is committed to always seeking out ways to improve our knowledge of the Pilates Method. These two seminars were taught by leaders in the field, in fact, women who were taught Pilates directly from the founder of the Pilates movement, Joseph Pilates," Ms. Crincoli said.

Pure Pilates offers a wide variety of Pilates classes and instruction. For more information, visit purepilatesnj.com.