



12 Eisenhower Parkway, Suite 9
Roseland, New Jersey 07068
T 973-228-0003
info@pilatesofnewjersey.com
www.pilatesofnewjersey.com

PRESS RELEASE

PILATES OF NEW JERSEY OPENS IN ROSELAND, NEW JERSEY

Pilates of New Jersey, the new, body-mind exercise sanctuary in Roseland, is an intimate, fully-equipped studio offering private, duet and small, group classes in contemporary Pilates. Whether you want to look good and feel great, want a stronger and more supple body free of pain, enhanced sporting performance, a better golf swing, more focus and energy for your day, or whether you simply need to get back to work, sport or play faster following an injury, Pilates of New Jersey can help you achieve real results.

The experience offered at Pilates of New Jersey is both professional and personal. Every body is different so Pilates of New Jersey provides a range of training options and services to cater for each individual's needs. This tailored approach is supported by Pilates of New Jersey's commitment to ensuring class sizes are kept small as well as their selection of highly skilled instructors. The dedicated team of certified instructors has extensive education and experience to bring you the quality, consistency and safety you deserve. You can feel secure in the knowledge that you are in capable hands, especially those with health conditions or those recovering from injury and needing specific rehabilitation. Of the five certified instructors, one is a Physical Therapist and has extensive experience in clinical rehabilitation. Pilates of New Jersey's goal is to maximize your health, fitness and wellbeing.

Please visit our web site for more information at www.PilatesOfNewJersey.com

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"You will feel better in 10 sessions, look better in 20 sessions, and have a completely new body in 40 sessions." – Joseph H. Pilates