



[Home](#) › [Fitness](#) › [Yoga & Pilates](#) › [Pilates](#) › Best Pilates Studios in New Jersey

Best Pilates Studios in New Jersey

By [Christeen Savinovich](#), The Writers Network

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New Jersey isn't just the land of spray tanning, big hair and the jersey shore, in fact some of the best pilates studios can be found here. The best studios in New Jersey will work your core, tone your muscles and make you more graceful overall. Here they are:

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Longevity Pilates: Verona

Longevity Pilates is unique not only because of the classes they offer, but also in their mission to give back to the community. Here you will enter a warm non-threatening environment where all skill levels are welcomed. Longevity offers classes on mats, on the reformer, on the Cadillac, and the EXO chair. Mat classes are the perfect introduction to pilates, they are done in larger groups and help you to understand and become familiar with the motions of pilates. They offer the most group classes with variations on pilates each to work on individual parts or the body including the core, legs and arms. Group chair classes are one of the biggest hits here and instruct five people at a time.

Every year Longevity has a raffle where 100% of the proceeds go to breast cancer research which is one of the reasons that they have been named Shape Magazine's Official Pilates for Pink Studio. In addition they have constant food drives that feed the local community.

References:

[Pilates by the Bay](#)

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