



Pyour Core is the only boutique style, fully certified, state of the art Pilates & Fitness studio on LBI .
Our workouts are designed with core strength,
flexibility & mobility in mind.

We offer group classes which
include...

Pyour Ryde
Aerial Yoga
Pyour Fit
Pyour Barre 360
Halo
Pyour Strength
Pyour Shred
Pyour Mat
Yoga Plus
Pyour Stretch

**604 Long Beach Blvd.
Surf City, NJ**

**38 Church St.
Little Silver, NJ**



**616 Long Beach Blvd.
Surf City, NJ**

Our fully certified staff
offers a selection of
personal programs to
meet all your body's needs
such as...

Oxygen Bar
Private Pilates
Personal Training
Rehab for Injuries &
Nuerological Disorders
Athletic Conditioning
Nutritional Counseling
Chiropractic Care
Pyour Private Parties