



**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...

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