

Welcome to Inner Strength Pilates in Hightstown, NJ. Our classes are suited for beginners interested in the Pilates practice, as well as experienced Pilates enthusiasts looking for a different type of workout. Our mat classes emphasize the basics of Pilates, teaching muscle engagement, relaxing breathing, and flow. Our studio offers private lessons on Pilates apparatus, including reformer, trapeze table, ladder barrel and wunda chair.

We also teach the soma system®, a practice that helps release muscular tension and taps into the nervous system, creating a greater sense of calm and well-being in the body. Nichole is also a MELT Method®-certified instructor. She can teach you this easy self-treatment technique to help you relieve chronic pain. And, for a more cardio-intense workout, try our Booty Barre class for a full-body experience that strengthens your muscles, while having fun at the same time.

Instructors Nichole and Amy are Pilates-certified and work to help you with back problems, balance, focus, and chronic pain. Nichole is a disciple of Lolita San Miguel, the internationally acclaimed Pilates Master Teacher. Contact us at our New Jersey studio to start your journey to wellness today!