



Happy New Year from all of us at Pilates by the Bay! As we start a new year, there's no better time to refocus on your health and well-being. Pilates is a great way to build strength, support mental clarity, improve flexibility, and help you feel your best, inside and out. Take a moment to explore our [current class schedule](#) and [book a class](#) that fits your goals.

Here's what's happening at Pilates by the Bay in Toms River:

- An update on our holiday toy drive with the Wingman Foundation
- How you can get started with Pilates
- A look at our Pilates equipment



We FILLED the Toy Bin and Made the Nice List



Thank you to everyone who helped fill our toy bin this year! In December we were collecting toys to fill our bin for the Wingman Foundation.

Wingman Foundation wingmanfoundationnj.org supports children and families in need right here in our local community. And that's right, we made Santa's Nice List with a full bin!



Santa himself picked up the toys before the big day, and Owner Michele Toscano taught him a few new Pilates moves on the reformer.



Reach Your New Year's Fitness Goals with Pilates



A new year is the perfect opportunity to reset your routine and focus on feeling stronger, more balanced, and more energized. [Regular Pilates classes](#) offer a sustainable, full-body approach to fitness that supports long-term goals like improved posture, core strength, flexibility, and stress reduction. By committing to consistent movement, many people find they not only build physical strength but also develop greater body awareness and confidence that carries into everyday life.

If you're new to Pilates, you have nothing to fear! You can expect a welcoming, supportive environment that meets you

where you are. Classes focus on controlled, intentional movements paired with breath, and instructors provide clear guidance and modifications to help you move safely and effectively.

New clients are always welcome to our mat, barre or Mixed Level Pilates Equipment Classes. We offer discounted welcome packages with a few private or duet sessions to help you get started. If you have a group of 3-5 we can even schedule a private class for your group. Reply, call or message us for more information or to schedule.

Beginners are encouraged to [start slow](#), listen to their bodies, and focus on form rather than intensity. When you go to your first class remember to wear comfortable clothing, and bring an open mind and a willingness to learn.

Consistency is key when working toward fitness goals, and keeping New Year's resolutions. Pilates by the Bay is here to help! Pilates is designed to grow with you over time. Each class builds on foundational movements, helping you progress at a steady pace while reducing the risk of injury. If you're ready to make movement a meaningful part of your year, now is the perfect time to begin or jump back in. We can't wait to see you!

[Check our Schedule →](#)



**New to Pilates? Check Out
Our Intro Classes**

INTRO PILATES CLASS



*Saturday 1/17 @ 11:00 AM
*Tuesday 1/27 @ 6:00 PM
*Saturday 2/7 @ 11:00 AM

Pilates by the Bay

Try a Pilates equipment class on us. Join us for a 45 minute beginner session where we will introduce you to the two pieces of equipment used most in our classes, the Reformer and Tower. Sign up to hold your spot as space is limited. * For those new to Pilates equipment only & limit of 1 class. *

www.pilatesbythebaynj.com/schedule

1403 Rt. 37 East, Toms River

Book an Intro Pilates Class →



Our Towers and Cadillac Got A New Year Glow Up!



We replaced all of the springs, roll down bars, and push through bars so they are like new for 2026!



Did You Know?

The **Reformer** (above with Santa and Michele) was the first piece of equipment that Joesph Pilates created and had at his studio, followed by the Trapeze Table or **Cadillac** (below). Originally called the Bednasium, it was renamed by a client the Cadillac because it was the most luxurious and comprehensive piece of equipment, just like the car.

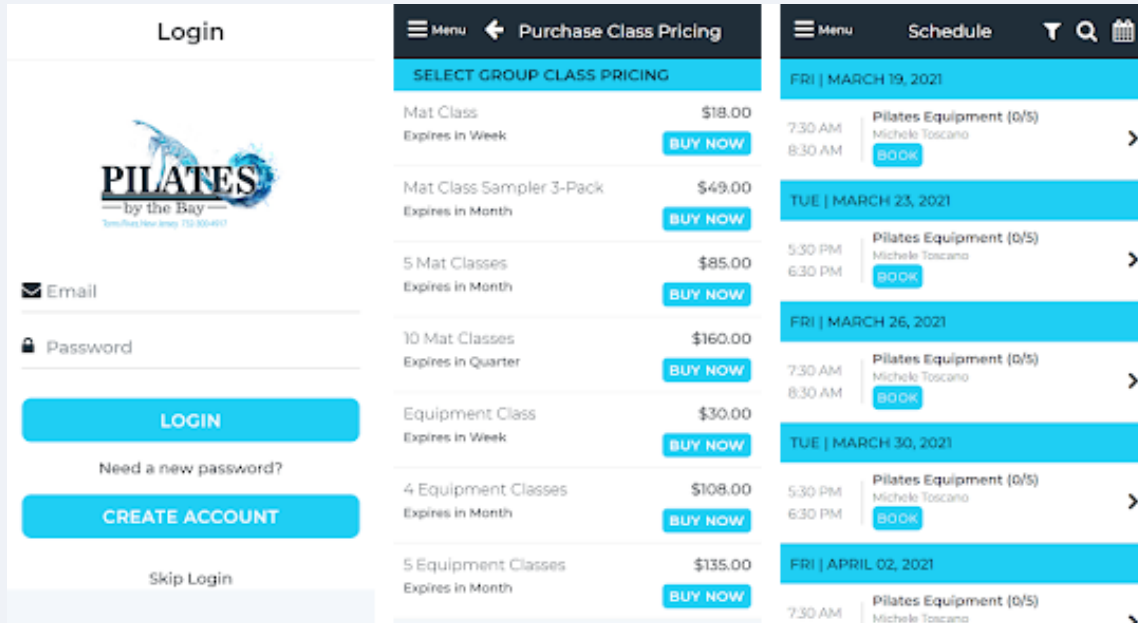
Different than the Reformer, the Cadillac mat does not move, giving your body more stability while still having the benefits of the springs for resistance. The various attachments and bars allow for a versatile full body workout that can really assist in your stretching and lengthening. Together the various pieces of equipment help your body achieve movement you could not do alone, Pilates apparatus is truly your iron man suit!

At Pilates by the Bay, we have 5 Reformers, 1 Cadillac, 4 Towers, and 6 chairs. Towers were created to mimic the Cadillac but fit better in studios. All our Towers and Cadillac recently had a glow up for 2026 with brand new springs, straps, roll down and push through bars.





Make Booking Easy with Our Free Scheduling App



Staying on top of your classes is simple with the **Pilates by the Bay NJ app** for iPhone and Android.

Download the app here:

- **iPhone:** <https://apps.apple.com/us/app/pilates-by-the-bay-nj/id1547062824>
- **Android:** https://play.google.com/store/apps/details?id=com.pilatesbythe.bay&hl=en_US&gl=US

Once logged in with your studio account, you'll have your schedule right in your pocket.



Thank you for being part of our Pilates by the Bay community.
Your support, generosity, and presence in the studio mean a great deal to us.

We hope to see you in class soon!



Pilates by the Bay
1403 Rt 37 E., Toms River, NJ 08753

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