

Pilates X3 Officially Launches in Union, NJ, Redefining the Pilates Experience

UNION, NJ, UNITED STATES, September 12, 2025 /EINPresswire.com/ -- Pilates X3, a new Black women-owned Pilates studio, is proud to announce its official launch in Union, New Jersey, further establishing itself as a premier destination for inclusive and community-driven fitness. Located at 946 Stuyvesant Ave., Union, NJ 07083, the studio introduces a fresh, vibrant approach to Pilates, branded as the new club to make you sweat.

Founded by Najmah and Deanna, Pilates X3 was created to address a gap they observed in the Pilates space: studios often felt stiff, unwelcoming, and disconnected from the sense of empowerment that Pilates originally brought them. With backgrounds as passionate fitness enthusiasts and community builders, the co-founders set out to design a studio where clients of all backgrounds could feel strong, centered, and supported.

The studio's journey began with a soft launch on August 16, which attracted a lively gathering of supporters eager to preview classes and experience the energy of the new space. This early success highlighted the demand for an environment that blends high-quality Pilates instruction with an atmosphere of joy, inclusivity, and connection.

"From our very first Pilates class, we knew this practice had the power to transform lives," said Deanna, co-founder of Pilates X3. "But we also knew it needed a new kind of energy — one that celebrates culture, community, and confidence."

Reflecting on the studio's August soft launch, Najmah added, "Seeing people come together to sweat, laugh, and cheer each other on confirmed everything we envisioned. Pilates X3 is more than a workout. It's a community designed to empower and uplift."

Pilates X3 offers classes that are both accessible and transformative, designed to accommodate participants of all fitness levels. The studio emphasizes a supportive environment while



delivering challenging, effective workouts that leave clients feeling energized and empowered.

As Pilates X3 looks ahead, it remains committed to creating a welcoming, results-driven space for individuals seeking not only fitness but also connection and community.

About Pilates X3

Pilates X3 is a Black women-owned Pilates studio based in Union, NJ, founded by Najmah and Deanna. Built on a mission to make Pilates more inclusive, welcoming, and empowering, the studio offers dynamic classes in a vibrant community atmosphere. Pilates X3 represents more than exercise — it's the new club to make you sweat, connect, and thrive.

For more information and class updates, please follow Pilates X3 on all social media platforms.

NAJMAH NASH

Co-Owner Pilates Pilates Pilates

[email us here](#)

Visit us on social media:

[Instagram](#)

[TikTok](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/848594102>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.