



The challenging routines at [solidcore], which recently opened in Midtown, take their cues from Pilates.



ZEN CORNER

PILATES BEAT

EASY DOES IT

For Michelle Obama arms, look no further than [solidcore], a 50-minute Pilates-inspired workout

that just opened its first Miami studio in Midtown. The idea here? Spring cable resistance work (a favorite of the former first lady) at an almost glacial pace that targets various muscle groups to the point of exhaustion and failure (a good thing

here). Unlike larger group fitness classes, [solidcore]'s sessions are limited to 11 participants, meaning instructors can focus on one-on-one attention... and call you out when you're cheating. *\$30 per class, 135 NE 32nd St., Miami, solidcore.co*

Namaste Moments

Visitors are guaranteed to feel the stretch at **SOL Yoga**, a new 2,200-square-foot studio in Wynwood marked by gold-hued lighting and above-head infrared panels. In

addition to numerous Vinyasa and meditation classes, SOL also features an on-site boutique with everything from mats to workout gear from various brands. An acronym for Secret of Life, the venue is the brainstorm of holistic nutritionist and yoga instructor Cathy DeFrancesco, a world-traveler whose passion is keeping up with innovations in health and wellness.

Case in point: "I believe yoga ignites an enlightened version of yourself that goes far beyond the mat," she says. "It seeps into your being, the way you eat, the way you raise your kids, the way you treat others and yourself. I tell everyone: You want to get ahead in life? Do yoga!" Message received. *\$25 per class, 48 NW 25th St., Miami, 305.549.8550, solyogaflorida.com*

LUST-HAVE

Home Field Advantage

Flywheel Sports devotees will tell you they love the workout, but getting to the South Beach or North Miami studio? Well, sometimes life, work and traffic get in the way. The new **FLY Anywhere**, a high-performance bike and streaming content platform, means no more excuses. The contraption allows users to partake in on-demand or live classes on screens via a built-in monitor (or through Apple, Roku, Chromecast and Android devices for a lower price) that's the next best thing to sweating it out in a group session. Programs (ranging from 20 to 60 minutes) vary, and they include cycling classes such as Method (Flywheel's signature high-intensity ride), Power (longer races and steeper hills) and Beats (think rhythm and dance moves). There are also precision training options (from 10 to 30 minutes), including FlyBarre (Flywheel's body sculpting class) and sessions that target the upper body, lower body and core. The bike itself features a flexible frame that's easier on the rider's body and joints, with ergonomically designed handlebars, USB connector for charging, Bluetooth and dual water holders. *From \$1,700 plus \$39 monthly subscription fee, flywheelsports.com*

FLY Anywhere allows Flywheel Sports lovers to partake in the brand's workouts at home.



From top: SOL Yoga founder Cathy DeFrancesco; a SOL Yoga class in session.

