



On the north side of North Kingstown, nestled along the oldest road not only on the eastern seaboard, but in the country, lies a unique fitness haven – So Co Cycle, located at 72 Frenchtown Road. This locally owned recipient of the Rhode Island Reader’s Choice Award for Best Fitness Class is the brainchild of the incredible Kara Pereira. Part Lagree, part spin studio, Kara’s space doesn’t just provide a place to break a sweat - it provides a sense of community, a hub of health, and a testament to the power of passion, commitment, discipline, and fun.



Kara Pereira, a beacon of fitness enthusiasm, got her start as a certified instructor teaching throughout the 90’s. She ultimately envisioned So Co Cycle as a space where the tenants of human spirit and dedication, and Lagree fitness and spin could combine to spectacular result.

Kara’s caring, nurturing, and driving approach as an instructor ensures tailored offerings for individuals of all skill ranges and ages. And with a warm and inclusive attitude and atmosphere, So Co Cycle ends up being the perfect space to fall in love with these fitness programs and to follow through on your exercise goals. With a caring can do attitude, Kara has ensured that, So Co Cycle is more than just a gym—it’s an experience.

For those of you reaching for your phone at the mention of the Lagree approach; Lagree fitness is a low-impact, high intensity workout method that combines elements of Pilates, cardio, strength training and yoga focusing on deliberate controlled movement. It typically involves use of a specialized machine called a Megaformer (think raised yoga platform meets chiropractic table and transformer) complete with adjustable tension springs which are designed to target multiple muscle groups simultaneously for a comprehensive full body approach to fitness. This increases not only strength, but also encourages endurance and flexibility.

The Lagree method, coupled with Kara's personalized touch and those of her instructors, ensures that every session is a personalized step towards achieving your fitness goals in an atmosphere where hard work is celebrated as much as success, and everyone is motivated to reach their full potential. It is this spirit of collaboration which also has Kara actively seeking partnership opportunities with other local businesses in North Kingstown and along the Post Road.



So Co Cycle’s focus on fun, driven and deliberate movement, doesn’t just stop with Lagree offerings. It also proves integral to their other offering in the form of their spin classes which provide an alternative or additional fitness option to their Lagree fitness programming, complete with the potential for friendly competition.

This is realized by combining traditional elements of spin with modern technologies which utilize optional leader boards and cutting-edge heart rate monitors that, in turn, allow So Co Patrons to personalize and immerse themselves in their workouts or to compete with others in the room. So, whether you enjoy self-driven motivation and competing against yourself for that new personal best, or find yourself spurred on by more social competition, So Co Cycle has the fitness content for you.

With a fully certified and educated staff, well maintained class sizes, and the latest up to date information it’s plain to see why this Post Road location is rapidly approaching its one-year anniversary! Keep your eye out for celebratory festivities.



What sets So Co Cycle apart is the sense of community that pervades every corner. As you clip into your bike, you're not just joining a fitness class; you're becoming part of a tight-knit family. Perhaps this is why, beyond the physical benefits, So Co Cycle is making waves on the north side of our town's wellness scene, extending the community Kara has worked so hard to foster in Narragansett. Kara's commitment to health extends beyond the studio as is made evident through her community events, nutrition workshops, and outdoor rides that celebrate the beauty of our surroundings. So Co Cycle isn't just a workout destination; it's a movement toward a healthier, happier town. From outdoor rides that traverse our scenic town to nutrition workshops that educate and inspire, So Co Cycle is a hub that extends beyond the confines of its four walls into the greater

North Kingstown and Rhode Island community.

So, give it a try and see for yourself why a So Co Cycle’s offerings prove to be more than just a workout—and why these experiences leave you invigorated, empowered, and coming back for more.

The combination of Lagree and cycling proves an inspired combination. With both providing a challenging scaleable workout that's fun, engaging, and easy on the joints! The Lagree method, coupled with Kara's personalized touch and those of her instructors, ensures that every session is a personalized step towards achieving your fitness goals in an atmosphere where hard work is celebrated as much as success, and everyone is motivated to reach their full potential. It is this spirit of collaboration which also has Kara actively seeking partnership opportunities with other local businesses in North Kingstown and along the Post Road.

With such a comprehensive approach and offerings, it’s plain to see why So Co Cycle stands as a fitness haven in North Kingstown. All the while bringing together a community that pedals towards a healthier, happier, and more connected life and future. Whether you're a fitness enthusiast or a newcomer to the world of wellness, So Co Cycle welcomes you to embark on a transformative journey—one pedal at a time!



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