

# SWEATIN' IN STYLE

The Latest in Fitness Fashion From Black Sheep Studios

Written by Sarah Hodgson | Photos By Michael John Murphy for Born by the Sea



One of the biggest perks of working out is dressing the part. Feeling comfortable and confident in chic active-wear is, after all, the ultimate motivator for hitting the gym. But with all of the brands clogging the digital shopping sphere, it can be hard to sift through trends to find quality, functional exercise apparel. To get the skinny on the latest in fitness fashion, we had to hit up one of the hottest wellness hubs on Long Beach Island: Black Sheep Studios.

Devon Karvan, owner of Black Sheep in Beach Haven, is an advocate for both looking and feeling good when

you're at the gym (or studio). The energetic, LBI-based fitness mogul has a background in dance and just about every extreme sport you can imagine (snowboarding, surfing, skateboarding, etcetera). She started Black Sheep in 2016 with just a few spin bikes and now, less than 5 years later, Karvan has created a one-of-a-kind brand dedicated to bringing fun to high intensity workout classes ranging from boxing to yoga. This, of course, means arming her clients with vivid, artful threads that would be as acceptable in a spin class as they would a hip city gallery. Here are some of Karvan's top picks from the Black Sheep retail boutique!



## GRIP TOE SOCKS

No one wants to wear bulky sneakers in pilates and barre classes, but sweat, condensation and freshly-waxed floors can make your workout area as perilous as a slip and slide when barefoot or in standard socks. Karvan cannot stress enough the importance of investing in a solid (and sticky) pair of grip socks for pilates and barre. A top brand featured in Black Sheep's retail division is ToeSox, a line of safe, breathable socks that fit like gloves and are dotted with rubber to create traction between your soles and the floor.

## MATCHING FITNESS SETS

Sometimes the most powerful motivator for working out is the adorable matching set folded in your dresser drawer, just waiting to be flaunted in that morning spin class. Being the local, leading fitness experts they are, the folks at Black Sheep have stocked their retail shelves with the best of the best in matching activewear sets for all shapes and sizes. "We carry brands for all body types and figures. Everyone is beautiful in their own way and my studio is all about being bold and pushing your boundaries while having fun," said Karvan. "We just want clients to feel good and be true to themselves."

Karvan's personal favorite matching set this year? The hand-dyed, gorgeously made legging and top duos from NUX. Each piece is made of a stretchy-yet-supportive ribbed fabric for optimum comfort and functionality.



GET THE LOOK



## LOCALLY BRANDED GEAR

While Black Sheep pulls from a range of national fitness brands for their retail boutique, they also make sure to leverage Jetty Ink, a local company specializing in graphic design and eco-friendly screen printing. Their motivational “Get Sh\*t Done” hats with the trademark black sheep and ultra soft mens’ tees are must-have items for fitness enthusiasts and Black Sheep clients. Karvan also sources from Coastal Sign and Design, and Jersey-based company responsible for the clever and down-right adorable Black Sheep branded wear. Items include punny “Cyclepath” spin tops and the classic Black Sheep “Bad A\*\*\*” tanks.

## READY-TO-WEAR THREADS

Black Sheep in Beach Haven has an impressive inventory of studio to street looks - tops and leggings you can wear outside of the gym. Favorites include the white mesh short sleeve and white, sheer jacket from ALO Yoga. You can take these stylish pieces to the streets and no one would suspect you’d just burned 400 calories in a Cycology class.





## CHIC SPORTS BRAS

Whether you're pairing your sports bra with a sheer top or high-rise leggings, it can be fun to don one with some flair. Black Sheep Studios features a variety of flattering, supportive bras fit for a fitness queen. One of Karvan's favorite brands, Year of Ours, crafts eye-catching and functional bras with varying necklines, patterns and straps.

There you have it! Karvan and her crew are not only certified wellness professionals, but also well-versed in the world of fitness fashion. At Black Sheep boutique, there lies a unique and tempting selection of sweat-ready apparel to help you feel confident, fit and ready to take on the world (or morning beach barre class).