



For Planning Purposes
December 3, 2015

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****Saturday, December 5, 2015 – 7:30 am****

TEAMride Expands to Second Location in Midtown

Full-body indoor cycling studio opened by Sacramento raised sisters grows with community

Sacramento – Shortly before the third anniversary of their East Sacramento full-body indoor cycling studio, TEAMride is proud to announce the grand opening of their second location in the heart of Midtown, Sacramento. Started by four sisters born and raised in Sacramento, Teresa, Alicia, Michelle and Elena opened a business in their hometown that focused on family, fun and health.

“When we started the concept of TEAMride and opened our doors in 2012, we never imagined the outpouring of support and community that our business has grown to become and represent,” said middle sister and instructor Michelle Katnik. “To start as a small family business and now be opening a second location with my sisters, our friends, our riders – it’s a wonderful way to start the holiday season.”

TEAMride takes the traditional “spin class” concept and adds components designed to engage the whole body in a 45 minute experience that burns calories, blasts fat and tones muscles.

“We are fueled by rhythm and music but most of all – the community of riders we’ve built throughout the last three years,” said youngest sister and instructor, Elena Katnik. “These aren’t just customers anymore; they’re family.”

“When we set out to create a local, family owned business, the idea was to develop an environment and workout that would keep riders coming back,” added eldest sister and instructor, Teresa Katnik Santarosa. “We really focus on the details that make TEAMride unique to Sacramento – customer service, personalized experiences for riders, filtered water systems and dozens of other unique touches that make this more than just an exercise class.”

“We started with just a handful of instructors and a few classes a day but now, TEAMride offers over 50 classes per week between the two studios and we’ve recently launched a new website that makes signing up online easier than ever,” said Michelle.

TEAMride was opened in memoriam of the girls’ father, Andrew Katnik, MD who passed away in 2005. His picture hangs in the lobby greeting riders as they come and go. For a full list of classes and for more information, please visit <https://team-ride.com/>

WHO: TEAMride Full-Body Indoor Cycling Studio
WHAT: Grand Opening of TEAMride Midtown Location
WHEN: Saturday, December 5, 2015
Classes at 7:30 am, 8:30 am, 9:30 am, 10:30 am and 11:30 am with live music throughout the morning
WHERE: 2701 N Street
Sacramento, CA
(Parking available in Sutter parking lot as well as on street)