



Nancy Katinas Starting New Every Day

COVER STORY

By Jenna Caputo

Photos by MarkBolles.com

Originally from Port Jefferson, Long Island, Nancy Katinas enjoyed playing sports and loved living close to the beach. A lover of learning, she initially went to school for marketing, but her college had a huge education program. Since she had always liked school and children, she was naturally drawn to that program instead. Not thinking that her childhood hobbies might turn into a career, Nancy graduated from Suny Brockport and Suny Albany with her degree and masters in Education. She also happens to have a Bachelor's degree in Earth Science. (Did she mention she enjoyed school?) After graduation, she first worked as a substitute teacher for the Shen schools before teaching in both the Glens Falls City Schools and Ballston Spa City Schools.

She met her husband, George, back when they were kids on Long Island. Growing up in the same hometown, they started dating late in high school. They went off to different

colleges, but kept circling back to each other every summer, and eventually married, settling down in Clifton Park. After having her second child, Nancy decided to stay home with their children. She had started indoor cycling for fun in 1999 and immediately became hooked. She received her certification in Spin® originally to work at the gym for a free membership. She later followed up her certification with Fitour, Core Ball, Body Pump and Body Step.

After her third child was born, Nancy began teaching fitness classes at the gym. Her Spin® class was becoming so popular that there were people repeatedly blocked out of it due to space. It was difficult to get spots at all the gyms in the area. Some of these people suggested to her that she open her own place. After some thought, they opened a studio together as partners seven years ago in Clifton Park. "The Revolution," a state-of-the-art indoor cycling and fitness studio, was born.

Focusing on indoor cycling (which is a little different than Spin®), they made their studio more unique by

adding fusion classes, which include light weights and core work with the cycling. It was something different for the area and became popular immediately. "It is a great combination of cardio and strength," says Nancy. "A total body workout in 45-60 minutes, burning lots of calories!" Two years later, they opened a studio in Loudonville and this fall will be opening their Albany location as well.

Nancy and George are now the sole owners and use state-of-the-art-equipment, rockin' music and numbers to push participants toward their fitness goals. Using Performance IQ software (as seen on *The Biggest Loser* and other fitness shows), riders can see current heart rate, work zones and calories burned during their ride on a flat screen right in class. The results are also emailed to each participant after the workout to track performance and progress. Nancy has found that this rapidly increases motivation and allows for team competition while tracking performance history.

Using high-energy music formats to help push class members, combined with elite instructors with backgrounds in varied fitness areas, members receive not only a fun ride, but an incredible, heart-pumping workout – easily burning 600-1,000 calories in a single class. It's also a "go at our own pace" format. Nancy's creation of this unique cycling atmosphere has built a combination of camaraderie, high intensity, and of course, fun! It's a different atmosphere than she expected to be teaching in while in college, but she still loves teaching. "I enjoy staying in shape and the social aspect. It is fun to workout with people from all different lines of work – when you turn lights down and get on the bike – everyone's on the same page!" she says.

Nancy, George and their three children, Ava (18), Ryan (16) and Adrian (13), are active within the community outside of the studio as well. The kids are into lacrosse, diving and football. Ava is on her school's student council and student athletic advisory council while working part time as well. She is heading to the University at Albany next year on a lacrosse scholarship and plans to study Human Biology, working toward the Physician Assistant program. Ryan works at Market 32, and following in his mom's entrepreneur footsteps, has also started his own small landscaping business, already with 10 clients and growing.

Outside of working out, Nancy enjoys reading and spending time with family and friends. They love to go out to dinner in the area and often frequent Proctors and SPAC to take in the shows, as well as attend the Shen sporting



The Katinas family cheering on Ava at her lacrosse game.

events including lacrosse, soccer, swim & dive, and football. They have run in several 5Ks and 15Ks and a half marathon in the area, as well as participated in the Anyone Can TRI at the Saratoga YMCA.

Nancy's "Fitness for Life" motto carries over into other areas of life as well. "It embraces not only encouraging personal wellness for women, but also using 'fitness' to support the 'life' of others who desperately need greater awareness and funds to advance their charity missions," she says. She has helped raise this awareness for a variety of causes by hosting fitness fundraisers at the studios and has participated in many marathons and galas as well. Some of these causes include breast cancer awareness, leukemia & lymphoma research, diabetes, autism, anti-smoking, Hannah's Hope, ovarian cancer research and more.

She hopes that her studios can show everyone that not only can working out be fun, but that fitness is something that can be for life. It's never too late to start or to try something new. Be realistic with yourself in order to lay a strong foundation in your fitness and wellness goals. "The most important thing is finding a workout that you love!" she says. "The more fun you have with the instructor, the music, the club and other members, the easier it is to be consistent in showing up. When you are consistent in showing up, that's when you see results. Try to find a friend to work out with. Commit to 2-3 times a week (anything more than that is great!) but be realistic – if you have a job, family, kids, you probably can't go seven days a week, so don't set yourself up to fail. Every day is a new start!" ■

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