



# MEDIA RELEASE

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## **Small Business Series Features TurboSpin Cycling**

*KNOXVILLE, Tenn.*—Knox County Mayor Glenn Jacobs interviewed Brittany Reed, owner of TurboSpin Cycling, as part of his latest video series highlighting small businesses.

Throughout the series, the Mayor has conducted interviews with small business owners and operators, providing them the opportunity to talk about how the COVID-19 pandemic has impacted their families and employees, and helping them share any plans they hold for the future. A new vignette runs each week on the county and Mayor’s various social media platforms.

TurboSpin is a boutique fitness studio offering an indoor cycling experience. Reed, a graduate of the University of Tennessee, opened the studio to fill a need she had herself—a great place to do a good workout when she moved back to Knoxville. The studio has been open for six years.

During this week’s interview, the Mayor and Reed talked about what the studio has done to adapt to these interesting times and how virtual fitness has impacted her clients.

Reed said they’re testing online platforms to offer options for their clients but feel it’s important to have a physical studio.

“I feel that health and fitness is essential to one’s well-being and if we are able to operate and do so safely then we are happy and we’re grateful to be able to do that,” she added.

Mayor Jacobs agreed: “Health and fitness is so important, not only for physical wellbeing, but for that sense of community and being around like-minded people really in some cases helps your mental and emotional wellbeing as well.”

To hear more of what was said, check out the [video](#).

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