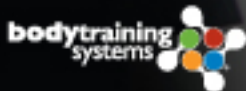


BTS WEEKLY GROUP FITNESS TIPS



Did You Know.....

"RETENTION RATES ARE HIGHER AMONG MEMBERS WHO VISIT EARLY AND OFTEN."

Members who visit their club at least four to five times in each of the first few months of their membership have higher retention rates."

IHRSA's 2004 Membership Retention Guide

BTS has a marketing campaign called "16 visits in 60 days" that many of our clubs have experienced outstanding results in integrating new members into the club by using group fitness.

BTS has helped over 1,400 clubs in the U.S. and Canada increase their group fitness participation. With over 30 years experience in all facets of club operations, the 70 person BTS team has specialized in group fitness since 1989.

TO ANSWER SPECIFIC QUESTIONS ABOUT YOUR CLUB, WE INVITE YOU TO:

1. Attend a free Business of BTS Seminar. For schedules, locations and registration visit www.bodytrainingsystems.com.
2. Call one of our **BTS Coaches** at **800-729-7837** Kristin x255, Lydia x278, Natalie x335

LET'S **MOVE!**