

# BTS WEEKLY GROUP FITNESS TIPS



## Did You Know.....

**"NO ONE WILL FOR LONG CONTINUE IN ANY ACTIVITY WHICH THEY DO NOT ENJOY."** Dr. George Sheehan

People tend to enjoy activities at which they excel. There is a very low likelihood that people with no previous sports or fitness history will be long-term club members. Getting these people into group activities is very important because groups add a pleasurable, social dimension to activities they likely see as tedious and burdensome.

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](http://www.bodytrainingsystems.com).
2. Call one of our **BTS Coaches** at **800-729-7837** Kristin x255, Lydia x278, Natalie x335

LET'S MOVE!