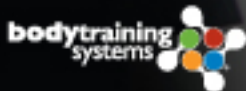


BTS WEEKLY GROUP FITNESS TIPS



Did You Know.....

A THIRD OF PARTICIPANTS INDICATED THEY WERE INTIMIDATED BY EXERCISING AT A HEALTH CLUB.

Why People Don't Join - 2006

The majority of people intimidated by exercising at a health club are female and overweight. 70% of men intimidated were overweight. Since over 65% of the US population is classified as overweight, the intimidation factor clearly plays a major role in a prospect's decision to join a health club.

BTS was acutely aware of the need to create a program, Group Active®, to address the intimidation factor. Group Active is for the deconditioned or infrequent exerciser and clubs are reporting an excellent response by this target market.

BTS has helped over 1,500 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!**