

# BTS WEEKLY GROUP FITNESS TIPS



## Did You Know.....

**DURING SUB-MAXIMAL REPETITIVE EXERCISE, MUSIC CAN DIVERT ATTENTION AWAY FROM THE SENSATIONS OF FATIGUE?**

Rather than stopping the exercise, music enables the exerciser to continue the activity and achieve more results.

"The synchronization of music with exercise consistently demonstrates increased levels of work output among exercise participants."

Music in Sport and Exercise: Theory and Practice, Dr. C.I. Karageorghis, PhD

Memorable group fitness classes that combine great music with safe, effective movements keep members coming back for more.

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

LET'S MOVE!