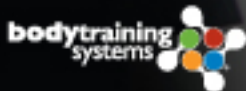


BTS WEEKLY GROUP FITNESS TIPS



Did You Know.....

"63% OF THE POPULATION IS ALREADY CONVINCED OF THE VIRTUES OF FITNESS AND READY TO JOIN A CLUB." American Sports Data

"However many feel that they're unhealthy, overweight and/or unathletic and may be self-conscious about their bodies." American Sports Data

Did you also know, **"90% of all exercisers report that they would prefer to workout in a group."** CBI June, 2000

Does your club offer the type and variety of group classes to attract this huge market? BTS can help!

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!**