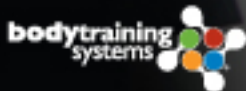


# BTS WEEKLY GROUP FITNESS TIPS



## Did You Know.....

### THE IDEAL GROUP FITNESS SCHEDULE CATERS TO MOST OF YOUR MEMBERS MOST OF THE TIME.

A good schedule is like a restaurant menu. It will have 5-7 core programs and does not try to over-serve. Quality is the priority, not quantity. Your core programs should cater to a broad variety of tastes as opposed to a large variety of classes catering to a specific program type. Step classes in the early 90's had lots of people in one general step class. Today, we offer dozens of types of step classes with a much lower average per class.

One of the key objectives of your group fitness schedule is to offer fewer classes that service lots of people as opposed to lots of classes that service a few people. This will make both members and owners happier!

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!