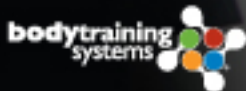


BTS WEEKLY GROUP FITNESS TIPS



Did You Know.....

YOUR GROUP FITNESS SCHEDULE IS ONLY AS GOOD AS YOUR WORST CLASS OR EXPERIENCE.

Your objective is to constantly work on the quality of the classes you offer so the worst class is still of a high standard. Participants evaluate classes based upon the workout or program, the instructor and the room. When one or more of these components are viewed as weak by participants, the result is low participation.

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!**