



TRAINER CHECKLIST

Application Process

If you feel you have the passion, commitment, talent and team attitude to be part of our internationally acclaimed lineup, then complete the following items. Your application will be reviewed by **Cathy Spencer-Browning, National Training and Program Director**.

Should you have any questions about your application please do not hesitate to contact:

Leann Spencer
National Training Manager
770.989.4700 ext 294

The following is a checklist of all you need for your application

- A video of a current class, or classes in the case of a multiple application. The video should be a complete class and abide by all BTS delivery standards. Remember to check the video for sound and picture quality and do a self-assessment before sending it in. Incomplete or poor quality applications will not be considered.
- On the video, commit to camera a 5-10 minute monologue on "Why you would like to become a BTS Trainer". You will be speaking directly to Cathy Spencer-Browning.
- Complete the following personal information sheet (Found at the end of this information). These questions can be reproduced. Please avoid handwriting.
- In order to support our licensees, we will need written approval from your facility owner and/or your Group Fitness manager for you to pursue the role of BTS Trainer. It is important for your management to understand that the role of a BTS Trainer is only a part-time employment opportunity with four days a month of availability required. Many of our awesome trainers are Group Fitness coordinators and managers, as well as active instructors at licensed facilities.



- Include a current resume with your application
- Send the Personal Information Sheet, resume, approval letter and video to:

Body Training Systems
Attn: Leann Spencer
2130 Newmarket Parkway
Marietta, Georgia 30067
770.989.4700
800.729.7837