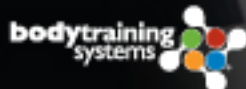


BTS WEEKLY GROUP FITNESS TIPS



Did You Know.....

THERE ARE SEVEN STEPS TO RECRUITING THE "RIGHT INSTRUCTORS."

- Step 1 Be specific about the qualities your instructors must possess.
- Step 2 Decide where you will recruit.
- Step 3 Advertise.
- Step 4 Conduct face-to-face interviews.
- Step 5 Train.
- Step 6 Conduct follow up training.
- Step 7 Compensate and reward.

Many strong instructors are made. By giving them the tools (BTS Programming), the training and the support to be successful, it is possible to grow your own high-quality instructor team.

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!