

# BTS WEEKLY GROUP FITNESS TIPS



## Did You Know.....

**"A LACK OF SUPERVISION WHILE EXERCISING LEADS TO TWICE AS MUCH DROPOUT WHEN COMPARED TO EXERCISING IN GROUPS."**

Enhancing Exercise Motivation - Dr. James Annesi

While Personal Training provides the greatest supervision, many members cannot or do not wish to spend money for Personal Training in addition to their membership. Group Fitness offers both the supervision and the social interaction that increases retention. The better the quality of classes and instruction results in higher participation and future retention.

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!**