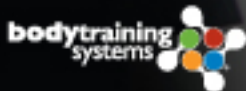


BTS WEEKLY GROUP FITNESS TIPS



Did You Know.....

APPROXIMATELY 40% OF NEW MEMBERS ARE FIRST TIME MEMBERS OR NEW TO EXERCISE?

"While most new exercisers cite health and fitness gains as reasons for entering exercise programs, they usually cite social aspects as primary reasons for staying."

Enhancing Exercise Motivation, Dr. James Annesi

Memorable group fitness classes enable members to interact socially while enjoying the benefits of exercise. It is little wonder IHRSA found that 90% of people preferred to work out with a group. Remember the key is creating "memorable" group fitness classes which is why BTS has a team of professionals whose focus is just that.

BTS has helped over 1,500 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!**