

BTS WEEKLY GROUP FITNESS TIPS



Did You Know.....

THERE ARE FOUR AREAS TO ANALYZE GROUP FITNESS PARTICIPATION?

- 1) By class – each individual class.
- 2) By program – all step classes, all mind/body classes, etc.
- 3) By instructor – all classes taught by each instructor.
- 4) By time range – early morning, mid-morning, lunch, prime time.

By analyzing participation from these four perspectives, you will see trends that may not be obvious from an analysis of just participation by class. Remember, you can't manage what you don't measure and the powerful benefits of "memorable" group fitness make measuring and managing worthwhile.

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!