



# BTS WEEKLY TIPS TO INCREASE GROUP FITNESS PARTICIPATION

## Did You Know.....

*A STAGE is essential in every Group Fitness room.*

A stage gives all participants a clear view of the instructor's body alignment and movements. The larger the room, the higher the stage will need to be. A rounded rectangular shape for the stage encourages amphitheater style set up by participants for maximum utilization of space. Call one of the BTS Coaches for the proper stage dimensions for your room size. Instructors should always teach facing their participants!

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!**