

SEAT.

SUPPORTED EXERCISE FOR AGELESS TRAINING

www.SEATfitness.com



CALORIES

250

Burned On Average



DURATION

45

Minutes



EXERCISE TYPE

Group Chair
Wellness Program



INTENSITY

Low Impact,
Highly Motivating,
You Determine
The Intensity



MUSIC

Songs You
Recognize That
Are Inspiring
Sing-Along Tunes



EQUIPMENT

Chair Without Arms,
Bands,
Balls,
Light Dumbbells



RESULTS

Increases Strength
& Endurance,
Tones & Shapes,
Maintains Heart Health

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EVENT:

DAY/DATE:

TIME:

LOCATION:

Who Should Come:

To Attend:

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EVENT: S.E.A.T. LAUNCH

DAY/DATE: SATURDAY, APRIL 17, 2021

TIME: 8:00 AM -11:00 AM

**LOCATION: Forever Fitness
226 Quadracep Lane
Tricep Corners, OH 44708
888-777-5431**

Who Should Come:

Everyone! Bring your friends, family and anyone else to this event!

To Attend:

Come to this exciting event! Bring a non-member and attend FREE! Giveaways, raffles & more at this not to miss event!

EVENT ADMISSION

FREE



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Minutes



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Location:

Day(s):

Time(s):

Tear off the bottom portion and hand in at the facility

ATTENDEE'S INFORMATION

Name: _____

Cell Ph (_____) _____

Email: _____

Please Check One: Member ☐ Non-Member ☐

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CLASS PASS

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Email: _____

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Instructor Track Assignments

Program

Release

Special Instructions



| | Name | Email | Cell Phone |
|---------|------|-------|------------|
| Track 1 | | | |
| | | | |
| | | | |
| Track 2 | | | |
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| Track 3 | | | |
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| Track 4 | | | |
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| Track 5 | | | |
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| Track 6 | | | |
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| Track 7 | | | |
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| Track 8 | | | |
| | | | |
| | | | |

S.E.A.T.

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THE SIMPLE LAUNCH

SET GOALS -

S.E.A.T. is a chair-based, choreographed, group exercise class that changes the music, choreography, and marketing every 12 weeks. This provides an excellent opportunity for you to start your own business at a retirement center or senior living community or attract new members to your club or facility. Encourage your class to bring their non-member friends, family, and colleagues to your launch class. The goal is to have a full-blown party, or simple master class every twelve weeks to encourage client involvement and attendance growth. Set goals for this launch... Try to get at least 10 new of your clients to bring their friends. Try to have at least 5 of them "Signup Today"! Set up a one-day-only discount. Offer an enroll-now promotion.

INFLUENCERS -

Engage your influencers – facility managers, front desk staff, physical therapy (PT) clients, and, of course, participants! Post information on the launch on social media and tag your clients. Ask them to post and promote the launch to their friends. Drop off launch pieces at physical therapy clinics, doctors' offices, and grocery stores.

MARKETING KITS -

Our S.E.A.T. Launch Kits are adobe-writable and allow you to type in your information. The mini-posters can be posted on doors, in bathrooms and at local businesses – doctor's offices and PT clinics plus coffee shops work well. The punch cards offer 10 or 20 class passes that allow you to charge for a class or simply encourage participation through prizes. If you do not charge for classes, they can enter an expiration date and once a student participates all 10 or 20 times, they would be entered into a drawing to win a discounted personal training session or a \$25 gift certificate to a local restaurant.

PLAN -

Create a detailed outline of what your participants can expect on your launch day. Make it a luncheon or evening gathering. Your members can bring food or prizes (little figs). They love to contribute and socialize. Your plan should include the who, what, where, when, and how of the event. And be prepared to sign people up there and then. Use a large typeface on your signs to your clients can easily read them. Be sure to have your business cards and large QR code ready for your attendees to join by going straight to your Venmo or PayPal account.

LET PEOPLE KNOW -

The best way to get people to your launch is by getting the word out. Use the marking kits. Announce, announce, announce in your class, and pass out event passes at every turn. Tape the passes to the inside of the bathroom stalls and on the bathroom mirrors. Display them proudly at the front desk. Check with your local newspapers and radio stations to announce the events. Many of them will do this free of charge if you only take the time and make the effort.

ENJOY -

Don't forget to have fun. Make it a party, the place to be. Get excited and spread the word!

S.E.A.T. LAUNCH Sign-Up

Event

Day/Date

Time

Location

I agree to hold harmless _____, their company, owners, directors, employees, instructors, trainers, staff, staff and sponsors from any and all liability arising out of this event/class including, but not limned to: muscle strains, tears, pulls, broken bones, miscarriage, death, and any and all illness, or loss of my personal property. I understand the risks involved with participating in this strenuous event and may attest that I am in sound physical condition. I also understand that I may be videotaped, audio-recorded and/or photographed during this event and _____ may use the images for any and all purposes.

| | Name | Email | Cell Phone |
|----|------|-------|------------|
| 1 | | | |
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| 21 | | | |





Facility

Contact Person's Name

Email

Phone

- Have you ever thought about becoming a group fitness instructor in a low impact environment that yields **HIGH IMPACT RESULTS?**
- Are you interested in making money doing something that you **LOVE?**
- This pre-choreographed program gives you all of the moves and music you will ever need to teach this fantastic exercise program.

| | Name | Email | Cell Phone |
|---|------|-------|------------|
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| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |



S.E.A.T.
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INSTRUCTOR OF THE MONTH REBECCA ERICKSON

Rebecca has taught every class under the sun for our facility but has really stepped it up with our new S.E.A.T. program. S.E.A.T. has been our highest attended group class the entire month and has grown each time! She is always so upbeat and helpful and it really reflects in our attendees. Thank you Rebecca!



MEMBER OF THE MONTH JUDITH VELAZQUEZ-ALAMPI

Judith has been a star attendee for our new facilities S.E.A.T. program. She has not missed a class for the entire month and is a great presence to have. She is very welcoming to new members and is even helps out when appropriate. Thank you to Judith!



S.E.A.T.

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10 CLASS

Name: _____

S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING



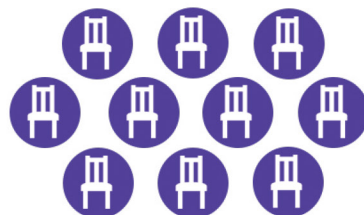
Exp Date: _____

10 CLASS

Name: _____

S.E.A.T.

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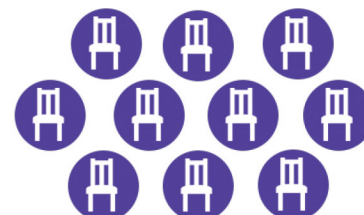
Exp Date: _____

10 CLASS

Name: _____

S.E.A.T.

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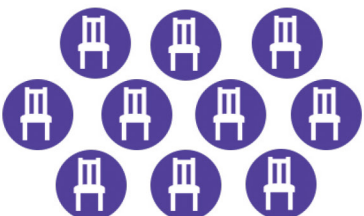
Exp Date: _____

10 CLASS-

Name: _____

S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING



Exp Date: _____

10 CLASS

Name: _____

S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING



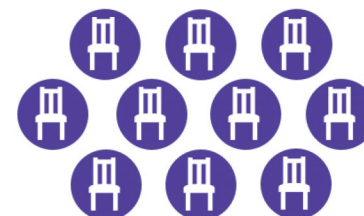
Exp Date: _____

10 CLASS

Name: _____

S.E.A.T.

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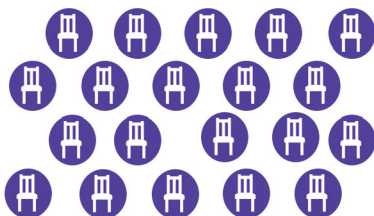
Exp Date: _____

20 CLASS

Name: _____

S.E.A.T.

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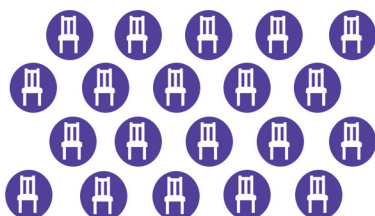
Exp Date: _____

20 CLASS

Name: _____

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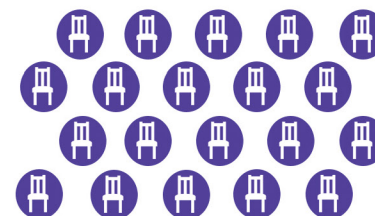
Exp Date: _____

20 CLASS

Name: _____

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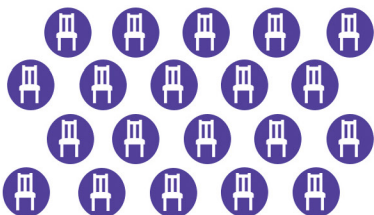
Exp Date: _____

20 CLASS

Name: _____

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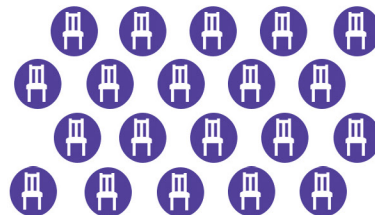
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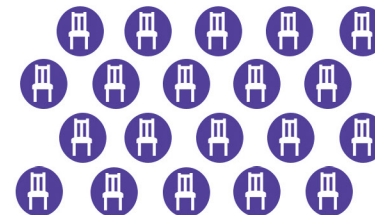
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