

SEAT.

SUPPORTED EXERCISE FOR AGELESS TRAINING

www.SEATfitness.com



CALORIES

250

Calories 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

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Day(s): Time(s):

Location:

Address:

City: State:

Tear off the bottom portion and hand in at the facility

ATTENDEE'S INFORMATION

Name: _____

Cell Ph (_____) _____

Home/Work Ph (_____) _____

Email: _____

Please Check One: Member ☐ Non-Member ☐

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Instructor Track Assignments

Program

Release

Special Instructions



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

S.E.A.T.

SUPPORTED **E**XERCISE FOR **A**GELESS **T**RAINING



www.SEATfitness.com



THE SIMPLE LAUNCH

SET GOALS -

S.E.A.T. is a pre-choreographed, group exercise chair class that changes the music, choreography and marketing every 12 weeks. This provides an excellent opportunity for a facility to attract new members, grow the participation base and increase class retention. By encouraging members to bring their non-member friends, family and colleagues, the goal is to have a full-blown party, or simple master class every twelve weeks to encourage member involvement and attendance growth. Set goals for this launch... Try to get at least 20 new people to come to your facility that have never exercised with a chair before... Try to have at least 10 of them "Signup Today"! Set up a one-day-only discount. Offer an enroll-now promotion. Work with you sales and marketing staff to really WORK the launch and make it WORK for you!

INSTRUCTORS -

Your instructors are your most valuable resource. Ensure that you include them in the launch process. Have everyone in the club get involved in promoting your upcoming launch by having the instructors engage their class participants, the front desk staff sign people up, and any additional staff help put up the marketing materials that are provided. Also, have the sign-up sheet right inside the door of the pool or in the locker room with a pen attached so that instructors can get their students signed up right then and there.

MARKETING KITS -

Our S.E.A.T. Launch Kits are adobe-writable and allow you to type in your personal club's information. The mini-posters can be personalized and posted in the locker rooms, bathrooms, front doors, and at local businesses around your area - coffee shops and retirement communities work well. The session passes drive people to your facility and the sign-up sheets encourage enrollment and provide a way to track sales. The punch cards offer 10 or 20 class passes that allows a facility to charge for a class or simply encourage participation. If a facility does not charge for classes, they can enter in 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 \$25 gift certificate at a pro shop or sporting goods store, or a neighboring restaurant.

PLAN -

Planning every detail is important. Have everyone in the facility involved. The sales staff should be on site to welcome new participants and take them on tours. The personal training staff should check-in people at the front doors with business cards in hand. Even the towel crew should be available to meet and greet potential and returning members. Create a detailed outline of what your participants can expect on your launch day. This should include the who, what, where, when and how of the event.

LET PEOPLE KNOW -

The best way to get people to your launch is by getting the word out. Use the marking kits, have your instructors wear costumes along with the front desk staff and trainers. Announce, announce, announce and pass out event passes at every turn. Tape the passes to all the cardio machines, leave the classes by the sinks in the bathroom and 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 make the time and 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			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
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16			
17			
18			
19			
20			
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
1			
2			
3			
4			
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!

10 CLASSES Name: _____

S.E.A.T.

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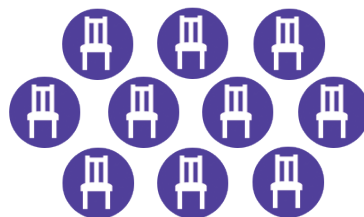


Exp Date: _____

10 CLASSES Name: _____

S.E.A.T.

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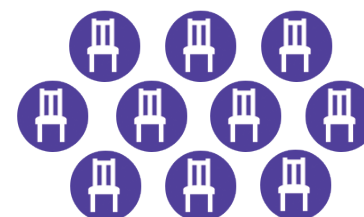


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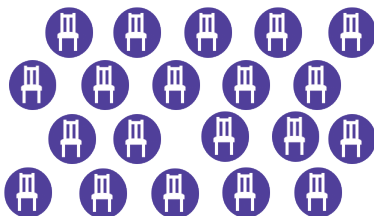


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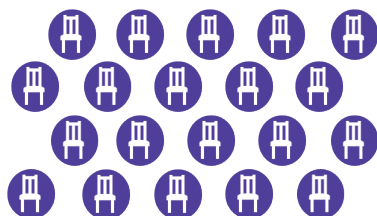


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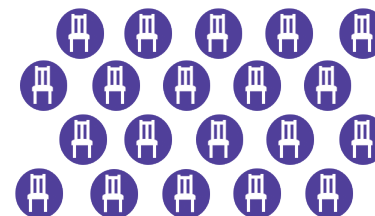


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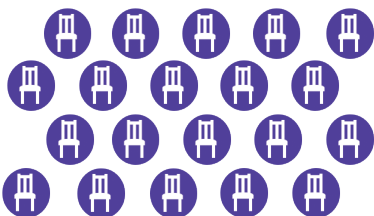


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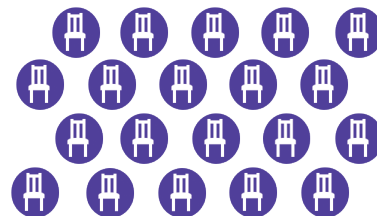


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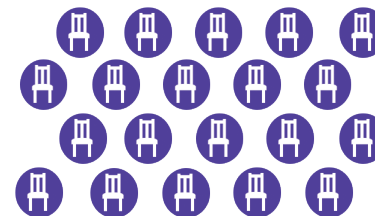


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