

Survival of the Fittest

Keys to Successful Fitness Facility Management

Keeping a fliness facility up and maning—whether you're part of a post deletrict, aprived to do a community cert with a fliness com-poses—in a lad job. Programming and whething, training and mach-culate the particular of the programming and whething, training and mach-culate the particular of the particular of the particular of the particular conductor tomate a lad of moving garts, and they need to swork in spar-cheristicity to onsure happy conductors and success for your operation. But, allowing deleters from he followed the particular of th

Choosing and Designing Programs

d their instructors) are a big part of what By JESSICA ROYER OCKEN indoor soccer.

Rather than committing to a saren't sure about, offer it for a ridemo period" of just a few sessions to see if the community likes it, suggested Beavers.
Timing can be critically

Keeping a fitness facility up and running-whether you're part of a park district, a private club or a community center with a fitness component-is a big job.



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Serving Seniors

on themselves, and are willing to spend [money] when they see value," he reported. High-mensity interval training (HIIT) programs and express programs (like the Fit in 40 option Cohen mentioned) are particularly appealing to this group. And the ability to book and pay for classes, as well as check in to your facility, using a modele device will also be apprect-

Setting Yourself Apart

Without a doubt, the exercise and finous males is a consideron, and you more than thisly have multiple competition in our Bather than presenting for leads to-board battle
likely have multiple competition in our Bather than presenting for leads to-board battle
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Do a careful assessment of your strengths and most popular features, and then work to maximize those assets and appeal to the segment of the market most likely to enjoy them. "Make sure what you choose to do is something you are good at doing." Sobotka



