

# Launch Bungee Fitness Class Guide

## Pre-Launch (Intro)

Intro is only being offered on the first Saturday of every month for FREE. This is great for those interested in bungee fitness and want a more broken down version of our Level 1 class, but it is not required to take before Level 1.

## Lift Off (Level 1)

This is your first class. You will be learning the bungee basics and applying them to 4 choreographed routines. You should take Level 1 until you feel comfortable with the harness, movements and terminology. The structure of this class is 50% teaching, 50% doing.

## Defly Gravity (Level 2)

Building on to level 1 skills, you will learn new flies and progressed burpee combos and apply them to 5-6 choreographed routines. You should take this level until you feel comfortable with the terminology and movements. The structure of this class is 40% teaching, 60% doing.

## Bungee Rhythm & Tone (Level 1/2)

This format is all about toning to the beat using light weights and resistance bands. Although this takes place in the bungees, the focus will be on improving muscle definition with light cardio in between. This is perfect for anyone to take after Level 1.

## Velocity (Level 3)

This class will cover more advanced flying techniques and stationary flies and apply them to 7-9 choreographed routines including one toning song at the end. The structure of this class is 20% teaching, 80% doing, making it a great level to stay at.

## Afterburn HIIT (Level 2/3)

This is a High Intensity Interval Training (HIIT) class in the bungees. You'll enjoy the high intensity with the lower impact movements. This class goes in intervals with a timer and is NOT choreographed, which is perfect for those who are not interested in dance based classes. This is a full body workout that applies weights throughout and a core portion at the end. Participants can sign up once they've taken a Level 2, but the pace will be closer to a Level 3 class.

## Pro Skillsets (Level 4)

This class will cover our most advanced flying and stationary combinations. We will learn aerial style flying, turns, and more. This class is REQUIRED to take before signing up for a Level 4. We offer this class as needed depending on how many people are transitioning out of Level 3.

## Peak Velocity (Level 4)

This class is our most advanced and all about quick thinking. Besides water breaks in between songs, we won't be teaching you how to execute movements, only listing the fly combos before we start the song. This allows us to get in up to 9-11 routines including 2 toning songs at the end. The structure of this class is 100% doing.

\*Modifications are always encouraged regardless of the level\*

**The information above is to help participants gauge what classes to take in order as recommended by our studio, but does not have to be followed 100%. Our only requirements are that new clients have to take Level 1, and anyone coming out of Level 3 must take Level 4 skillsets before entering a Level 4 class unless given permission. If you attended another bungee studio or a private class, that is also acceptable in order to move up in level depending on what you covered. If you have any questions, please see our website, FAQ tab, or message us via Facebook.**