

Launch Bungee Fitness Class Guide

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.

Accelerate (Level 1.5)

Apply what you learned in level one to this low impact, steady cardio, bungee format. There will be little to no teaching in this class. We will only be incorporating basic skillsets so that we can move from song to song without pausing to teach. This a great class for beginners wanting to gain more experience before moving up levels or for anyone wanting a steady cardio class. Get ready to accelerate your heart rate!

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.

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.

Skillets (Intro to Level 4)

This class is a pre-requisite to Peak Velocity (Level 4). Every client must take this class before entering Level 4 due to the complexity and form needed to take a Level 4 class

safely and with ease. If you cannot attend this class at its designated time, you will need to book a private class time with us, which can be purchased on Mindbody and scheduled through email or Facebook messenger.

Peak Velocity (Level 4)

This class is our most advanced and all about quick thinking and endurance. 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.

Afterburn Bungee HIIT

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 1 and Accelerate class.

Bungee Rhythm & Tone

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 to moderate cardio in between. This is perfect for anyone to take after Level 1.

Body Sculpt (Non-Bungee Class)

This format focuses on core and full body strength training. We will use a combination of free weights, suspension trainers, and resistance bands along with body weight. Our clients love this class!

Disclaimer:

A few of our classes will only be offered once a week due to the demand of other formats. If you are struggling to make certain bungee classes that are needed before leveling up, we encourage you to book a mini private class with us.

The information above is to help participants gauge what Levels to take as recommended by our studio, but does not have to be followed 100%. Bungee Rhythm and Tone and Afterburn can be taken any time after Level 1. We ask clients not skip levels concerning levels 1-4. If you attended another bungee studio or a private class, that is 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 email or message us via Facebook.