

# 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

Apply what you learned in level one to this low impact, steady cardio, bungee class. 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.

### 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.

## 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\*

## Non-Bungee Classes

We're now offering a couple of classes out of the harness that range from 30-50 mins a couple times a week. These classes can be booked with any bungee pass or Infinity pass you have.

- Body Sculpt - This format focuses on body weight, core and strength training. We will use a combination of free weights, suspension trainers and bands along with body weight. Our clients love this class!
- \*Cardio Dance\* - Have fun dancing, squatting and burning calories to trending, pop, hip hop and international upbeat music.

**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 not skip levels. 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.**