

SHOCKWAVE BUNGEE FITNESS FAQ

Bungee Fitness is a specialty fitness class that's growing rapidly across the United States in popularity for its health benefits in being low impact while still providing a high intensity workout. We are so excited to offer this in Topeka, and want to make sure our class members are prepared for their first session prior to booking so they know exactly what to expect.

What Is Bungee Fitness and What are the Benefits?

The purpose of a Bungee workout is to provide a low impact way to utilize cardio and strength training exercises with much less impact on your joints. The bungee cord will pull you up or backwards depending on the movement, and your job is to keep it down or stay in front of it which provides resistance training. This is beneficial for your heart health, balance, bone density, weight loss, and it's honestly just a FUN workout!

Age and Weight Limits

Participants must be 13 years of age and accompanied by an adult until the age of 18. This is both due to maturity levels and the weight classes of our bungee cords and harnesses. Our bungee cords can support the weight ranges of 80 pounds - 420 pounds. However, our harnesses can support up to 375 pounds. If you are over 300 pounds, you are required to come in for a private harness fitting to make sure our harnesses will fit you both for comfort and safety purposes as every body type is different. You may schedule this by emailing us or calling/texting us at 785-251-8473.

Harness Comfort

The harness will never feel like your favorite blanket. It's made for your safety over pure comfort. In our beginner classes you will be fitted with our standard harness, and we also provide extra padding if needed for your stomach/rib areas. For level 2 classes we utilize Sling harnesses which are more comfortable. In your first class, the instructor will go over the proper fitting of your harness so you can make necessary adjustments during the class. If it ever feels too painful, please let your instructor know so we can help with adjustments.

Planning Your Arrival

Please plan to arrive 10-15 minutes prior to class in order to be fitted for your harness and get hooked onto the bungee. When having a full class, it can take up to 20-25 minutes to get everyone fitted and secured before the class can start, making it top priority to arrive prior to class start time. Those who arrive after the class has started will not be permitted into the class and will lose their spot for that session.

What to Wear and Bring:

It's recommended to wear clothing that is fitted rather than bulky. Leggings or bike shorts rather than sweatpants and fitted tank tops/t-shirts over flowy/baggy shirts. Regular fitness shoes or slip-on shoes are fine, but any form of sandals/flip flops are not permitted. Plan to bring water with you as well. We have water dispensers for refills with flavor packets and also offer bottled water for \$1.

What to Expect From a Beginner Class

Beginner classes teach you the 4 categories of bungee: Strength, Cardio, Trust, and Flying. Each instructor has their own style, but will teach you the basic moves you need to master before being able to move on to a level 2 class. Though we only require you to take one Beginner class before moving on to a Level 2 session, we strongly recommend taking 2-3 beginner sessions in order to gain confidence and master the base moves. If you are ever unsure if you should advance or not, always feel free to ask your instructor for feedback!

What to Expect From a Level 2 Class

YOU MUST TAKE AT LEAST ONE BEGINNER BUNGEE CLASS BEFORE TAKING A LEVEL 2 CLASS! The base moves learned in beginner are taken to new heights in level 2! You will be put through a Choreographed class where you learn to do exercises together with your class members and add on advanced bungee moves. Depending on the class format, you will workout in a Boot Camp or HIIT style class or a Dance style class.

Bungee Parties

Parties are a great way for you and your group to book a private bungee experience! A party provides 2 hours of Bungee Fitness - the first hour is for going over all the moves and the second hour is for games and activities on the bungee! Parties are \$300 with a \$150 deposit required at the time of booking and the other half is due upon arrival at your party.

I'm ready to book! How do I sign up!

You may sign up through our online booking site! We have bungee packages available to purchase for frequent flyers along with the option to buy individual classes for those who would prefer to try a few first before committing to a long term relationship.

On our booking site, we recommend that you create an account so you can log in if needing to reschedule or add a class.

Refund/Cancellation Policy

We require at least 24 hours of notice prior to your session if you need to cancel a class or request a refund. We will not honor requests to cancel a class the day of that class or after the class has passed.

When canceling a class, it provides a credit on your account to reschedule for a future date for the same class type. It will not allow you to reschedule a Beginner class for a Level 2 class and you will need to contact a Shockwave team member for assistance on that. If you cancel a class in advance and prefer a refund, please communicate that with our team via email or call/text as refunds are not automatically issued.