



**Boogie
Bounce**

ONE DAY
QUALIFIED COURSE



boogiebounceusa.com

THE SENSATIONAL HIGH ENERGY, LOW IMPACT WORKOUT TO GET FIT, HAVE FUN AND BOUNCE AWAY FAT!

You Were Born To Bounce

Boogie Bounce is a complete exercise program on a mini trampoline, with a safety T-Bar Handle, choreographed to an eclectic mix of tracks from across the decades. Boogie Bounce delivers a full body cardio workout that is suitable for everyone of all ages, shapes and sizes.

Every muscle in the body is worked, even the FACIAL MUSCLES!

Boogie Bounce uses High Intensity Interval Training (H.I.I.T) techniques to maximise the effective fat burning process in the cardio section, whilst using the pliable surface of the mat to perform a range of core stability exercises. The aim isn't to bounce high or perform gymnastic tricks, but to use the resistance of the specially designed mat to perform a series of controlled dynamic movements, including our key moves

- Froggin', Stompin' and the Paddle.

WHAT ARE THE HEALTH BENEFITS?

- Fantastic Full Body Workout
- Massive Calorie Burn and Weight Loss
- Increased Metabolism
- Relieves Stress
- Low Impact on Joints and Ligaments
- Reduces Cellulite
- Suitable for All Ages, Shapes and Sizes



WHO ARE BOOGIE BOUNCE?

Boogie Bounce Founder Jenny Belcher, discovered the benefits of rebounding **over 20 years ago** when she started successfully running rebounding classes locally. Since 2014 Boogie Bounce has seen a period of rapid growth, and we have had the pleasure of training over 2000 lovely individuals who we are proud to call our team of instructors.



In the UK we are endorsed by the following organisations:

- Register of Exercise Professionals (**REPS**)
- Exercise Move Dance UK (**EMD**)
- And are an approved centre for Exercise to Music level 2 qualification training (**ETM**)



In the USA we are recognised as a continuing education provider by the

- National Academy of Sports Medicines (**NASM**)
- Aerobics and Fitness Association of America (**AFAA**)

93%

*THINK IT IS BETTER THAN ANY
OTHER FITNESS CLASS
THEY HAVE TRIED*

BOOGIE BOUNCE
IS HERE TO STAY
**SO GET INVOLVED,
GET CERTIFIED AND
GET BOUNCING!**



BENEFITS OF BOOGIE BOUNCE TO YOUR BUSINESS!

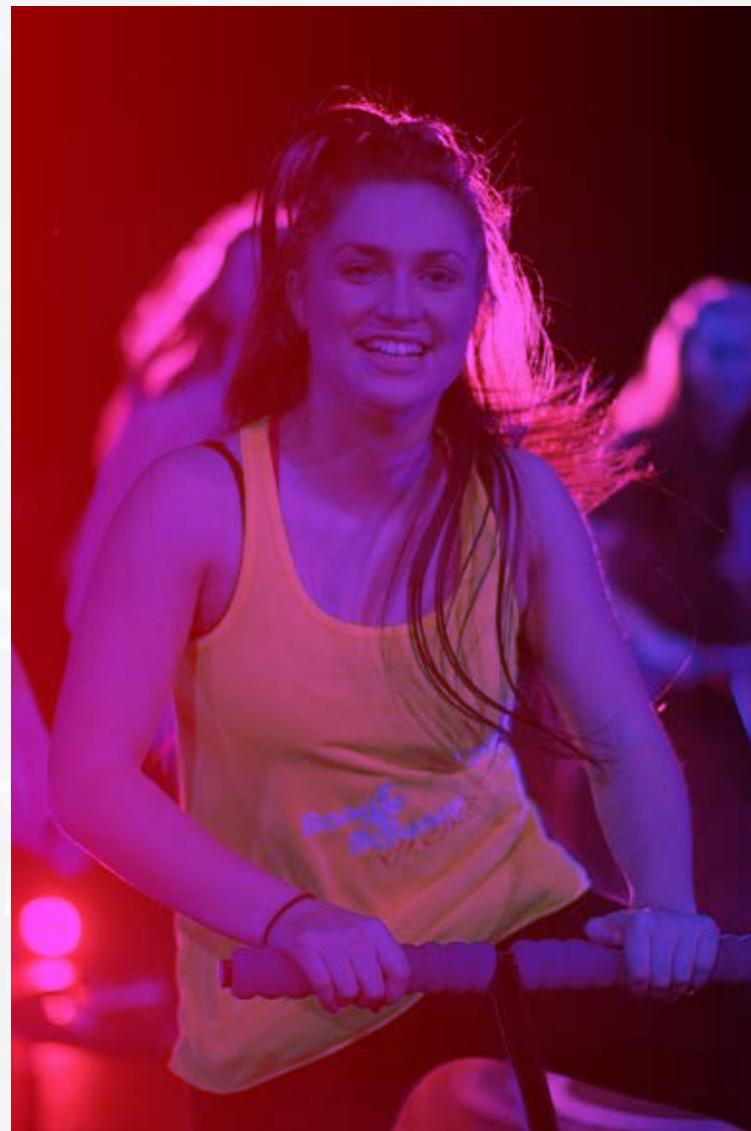
Whether you are starting a new business or looking to add something fresh and dynamic to your current timetable, Boogie Bounce is the perfect introduction! Boogie Bounce appeals to such a wide demographic of people – especially those who may not be confident enough to attend the gym, or perhaps carry injuries that make floor-based exercise programmes unsuitable.

BOOGIE BOUNCE BENEFITS

- Appeal to a wider demographic
- Those with pre-existing injuries - *due to the low impact to joints*
- Lacking confidence to attend the gym
- Bored of generic 'same old' exercise classes
- Want a fun Party Atmosphere so they can really enjoy their workout

BOOGIE BOUNCE PROGRAMMES ARE AVAILABLE FOR:

- Dance Schools
- Cheerleading Club Groups
- Independent Instructors
- Individuals
- Recreation Centers
- Gyms





ONE DAY QUALIFIED COURSE

WHAT IS THE BOOGIE BOUNCE ONE DAY QUALIFIED COURSE?

This course is a fun, active day spent with one of our master trainers, which will provide you with all of the skills and knowledge necessary to start your own Boogie Bounce Business!

This course is perfect for individuals who already work within the fitness industry, or those who are looking to start a wonderful new new journey into the world of exercise instruction!

The course consists of brief distance learning, followed by a full day working on the trampoline with an assessment at the end of the course.

Following successful completion of the course, you will also be entitled to 7 Points (should you be a NASM or AFAA member)

\$149

Boogie



COURSE BREAKDOWN

DELIVERY METHOD

ONLINE PRIOR TO ATTENDANCE

Online learning which briefly covers the history and ethos of Boogie Bounce as well as a short practice routine which is useful for familiarising yourself with Boogie Bounce routines and music.

FULL DAY TRAINING

- Registration and Introduction – Completing necessary paperwork
- Boogie Bounce History – Where Boogie Bounce began
- Masterclass Delivery – A class start to finish
- Class Structure and Breakdown – Underpinning foundations of Boogie Bounce choreography
- Practical Workshop – Practising teachings the tracks in pairs
- Lunch Break
- The Boogie Bounce Business – Everything you need to know about running your Boogie Bounce business
- Assessment practice – Fine tuning the skills youve learnt ready for your assessment
- Assessment – Final assessment of the 5 tracks. Group assessment.
- Feedback – Individual feedback with your results given on the day.

SUMMARY

On successful completion of this course, you will receive a certificate entitling you to instruct Boogie Bounce classes. If eligible, you will also receive 7 NASM or AFAA points. If you are a contract holder, you will also be provided with access to the Instructor Files, which include all routine choreography, music, videos and marketing collateral.

WHAT CAN YOU EARN?

Income based on 48 Weeks

30 Class Attendees at \$12.00 Each x6 Classes
Boogie Bounce Licence Fee

WEEKLY

\$2160

\$18.75

ANNUAL

\$103,680

\$900

Total Earning After Costs

\$102,780

If paying for a venue at an average of \$25 per hour, less \$7200

\$95,580



LICENSE TO BOOGIE BOUNCE

As a Boogie Bounce instructor, you are completely self-employed. Boogie Bounce do not take any percentage of your earnings or charge you for the people that attend your class.

Instead we simply charge a small monthly license fee of \$75.00

Your license fee includes the following benefits:

- Included access to brand new Boogie Bounce official music album releases.
- Brand New routine with access to instructional videos and choreograph notes
– New routine and music album released every 8 weeks!
- Use of the Boogie Bounce intellectual property. You are able to use the Boogie Bounce branding, routines choreography and advertise your classes as Boogie Bounce.
- Access to marketing collateral and resources to help promote your business!
- Access to Facebook Instructor Forum – Great hub where our instructors share information, insights and helpful hints and tips. A great place to find new social media material and ideas for promotions and marketing.
- Constant Head Office support
- Advertising your classes on the Official Boogie Bounce website. Help the public find your classes!

EQUIPMENT

We have designed our wonderful Boogie Bounce Trampoline and Patented Handle unit (BBX unit) to the highest of standards, while maintaining an affordable cost for our instructors. Our patented handle design is completely unique to Boogie Bounce and really stands us apart from our competitors!

Because of the nature of the Boogie Bounce programme our equipment is capable of withstanding high intensity commercial use and has certification to show this. Boogie Bounce equipment holds an ASTM F381-16 standard safety certificate for both commercial and consumer use and carries full product liability. It has been specifically manufactured to withstand 350lbs

THE COST

\$169.00 Per Trampoline and Handle Unit.
Please contact Jana on jana@boogiebounce.com
or **213 269 5428** to order your equipment



HELPFUL CONTACTS

To book your place on a course, please contact Jana on jana@boogiebounce.com or **213 269 5428**

SEE WHAT WE ARE UP TO!



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/BoogieBounceXtr



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