

## **BOOGIEBOUNCESTY FAQ**

### **How old do I need to be?**

You must be 12 to join one of our classes. If you are aged under 18 you will need parental consent to join a class.

### **How fit do I need to be?**

BoogieBounce is gentle on the joints and can be adjusted to whatever fitness level you are at. It is important you consult your doctor before undertaking any new fitness class if you suffer from certain medical complaints. We recommend beginners or those with lower fitness levels join the beginner classes. If you are worried about your fitness please speak to Alex.

There is a maximum weight limit of 20 Stone for the trampolines.

### **I have a health condition can I join a class?**

Probably, it is important you consult your doctor though if you have any concerns. You will be asked to confirm you have no medical conditions which mean you shouldn't join the class when booking. Please feel free to contact Alex to discuss any concerns beforehand.

### **Pelvic Floor issues?**

Bouncing on a trampoline can sometimes cause a leak, particularly in women who have had children. Do not worry about this; just make sure you wear protection for the first few classes. BoogieBounce helps to strengthen the pelvic muscles so don't be put off

### **How much does it cost?**

Single bookings £6 advance £4.50 Beginner

6 week block beginners class £25 Advanced Class £33

4 week block beginners class £16.50 Advanced £22 (only available at set times)

### **Can I book just a single class?**

Yes, but we prefer people to book blocks of classes; therefore priority will go to those booking blocks of classes. Blocks of classes will be available to book online approximately 2 months in advance. Any unbooked places will be released for single bookings 1 week in advance.

### **How do I book?**

Booking should be done online at <https://boogiebouncesty.setmore.com> alternatively contact Alex on 07492634540

### **How do I pay?**

Payment should be made by visiting: [paypal.me/boogiebouncesty](https://www.paypal.com/boogiebouncesty) please ensure you include your name in payment details/reference.

### **Can I cancel?**

Block bookings can be cancelled in their entirety up to 1 week in advance. Single bookings cannot be cancelled but may be rescheduled to an alternative class that week subject to availability. Please refer to our Terms& Conditions for more information.

**I have my own trampet, can I get a discount if I bring it?**

Yes there is a discounted rate available if you use your own trampet. To access this discounted rate you must book with Alex on 07492634540

**What should I wear?**

Trousers with non baggy bottoms and a sports bra are advisable. Please note shoes/trainers cannot be worn on the trampolines. Boogie Bounce strongly recommends that you wear their own non slip socks. We will have socks available for purchase at £5 a pair.

Most importantly you need to be comfortable and able to move.

You should also bring a water bottle and a small towel with you.