

BUNGEE INSTRUCTOR BOOTCAMP


The Fly Witches
Bungee Fitness Studio

Bungee Instructor & Studio Owner Training Weekend

Train to become a bungee fitness instructor. Gain the skills, knowledge, and credentials to lead safe and thrilling bungee experiences to back to your community.

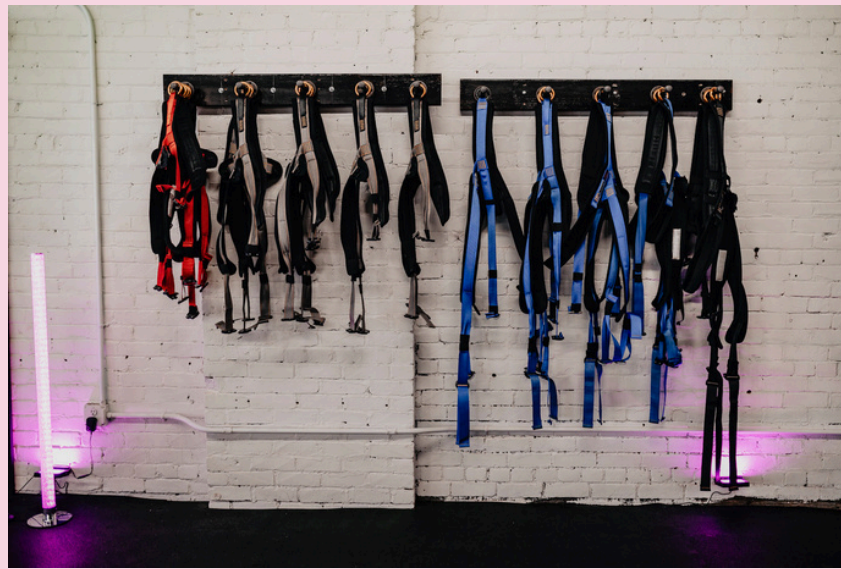
2 Day Training

This training is designed to take someone who knows very little about bungee fitness and prepares them to open their own bungee fitness studio and instruct classes. During this training, participants engage in an actual first-timers bungee class, gaining hands-on experience and receiving focused instruction in bungee movement, skills, technique, safety, equipment care and maintenance, bungee system setup, and business documentation.



Training is in-person at our studio located at:

7 N. Main St. Winchester, KY 40391



Day One

We will kick off the day with an Intro to Bungee class where we learn about how to setup the bungee equipment, how it feels to be in the harness and how to start your clients off on the right impression of bungee fitness. Once class has ended, we will go over finding the right space, equipment rigging, structural integrity, bungee equipment and safety, and equipment inspections. Then we will get back in the bungee to breakdown apprentice and evolving skills.

Day Two

Trainees will be introduced to instructor development, choreography, cueing, class structure, instructor dos and don'ts, and go over soaring skills. Afterwards we will go through business documentation needed to set up a class/studio.

Trainees will be given a comprehensive binder of the information presented and bungee routines practiced throughout the class. Additional bungee routines are sold at an additional price.



Eligibility Requirements

We have health and safety restrictions:

- You must be 18 years or older to train,
- NO recent surgeries,
- must NOT be pregnant and
- must be within our safety weight limit of 90-275 lbs.

Other restrictions:

- Planned studio/class must be outside of our 50 mile radius

Other Considerations:

- While Bungee Fitness is low impact, it is a full body work-out be prepared for an active 2-day regime
- Must sign liability waivers

Callie Thornton

Callie created and founded The Fly Witches in 2021.

Her vision for the studio started when she came across a viral video of bungee fitness, a low impact, high resistance way of working out. She knew immediately Kentucky needed one! She wanted to give Winchester and surrounding areas a place where one could come to enjoy exercising in a community that supported you and made you fall in love with yourself all while getting healthy!

Callie sold the studio to Danielle in July 2024, up until then Callie managed the admin side of The Fly Witches. She enjoyed writing and creating all the routines at the studio. She now hopes to help others with getting trained on how to bring bungee to their communities through this bungee instructor boot camp.



Scheduling

We can work with your schedule!

There is no minimum registrants for our program.

Just send us an email at:

contact@theflywitchesbungee.com

To begin the process of scheduling The Fly Witches
Bungee Instructor 2-Day Bootcamp.



Bootcamp Fees

2 Day Training

**\$1,000
per person**

Additional Instructors

**\$800
per additional person
in your group**



The Fly Witches, LLC. Studio Routines

Bungee

Single Routine

1 for \$35

Bundle Options:

5 for \$150

10 for \$275

25 for \$400

The Highlight Reel Subscription

\$200/month

Includes 6 routines a month (from different levels)

6-month Contract Subscription

To cancel the highlight reel, you are responsible for paying the remainder of the subscription in full.

Routines purchased through TFW Studio cannot be resold. They are for use in your studio only.

The Fly Witches, LLC. Studio Routines

Bounce

Single Routine

1 for \$35

Bundle Options:

5 for \$150

10 for \$275

25 for \$400

The Highlight Reel Subscription

\$200/month

Includes 6 routines a month (from different levels)

6-month Contract Subscription

To cancel the highlight reel, you are responsible for paying the remainder of the subscription in full.

Routines purchased through TFW Studio cannot be resold. They are for use in your studio only.