



WELCOME

# Rave & Rebound

Where Rave Meets the Rebounder

Presented by Boogie Bounce

*Step into the dark. The lights pulse, the bass drops, and the energy explodes. RAVE & REBOUND fuses the vibe of a nightclub with the power of a rebounder delivering 45 minutes of pure, euphoric cardio.*

**The UK's most electrifying fitness experience**

[www.boogiebounce.com](http://www.boogiebounce.com)

# Why Instructors Love It

*Every stomp fuels strength. Every beat powers endurance.*

*Every bounce builds belonging*

## **Electric Energy:**

Disco lights, pounding bass, and euphoric beats turn every class into a full-body party. The music drives motivation, keeping everyone bouncing with energy from start to finish.

## **Real Results:**

Expect serious fitness gains — high-calorie burn, full-body toning, and improved stamina. Every bounce boosts endurance while keeping workouts fun and addictive.

## **Member Magnet:**

The atmosphere is electric, the music irresistible, and the energy contagious. People come for the workout but stay for the vibe, keeping your classes full week after week.

## **Inclusive & Simple To Deliver:**

No tricky choreography or technical setup — just pure rhythm and fun. It's easy for instructors to deliver and accessible for every fitness level.

## **Tribe Power:**

Rave & Rebound builds more than fitness — it builds connection. Every session strengthens community, loyalty, and lasting buzz around your studio.

## **What do Rave & Rebound Instructors Have To Say?**

*Rave and rebound has reignited my passion for teaching group exercise classes!!!*

*It's energetic, uplifting and feels like I am on a night out with my friends!*

*My classes are fully booked and rave and rebound has bought new customers to my sessions. I look forward to teaching this every single week!!!!*

**- Sarah, Atherstone**



# What You Get

*This is fitness reimagined — where every bounce builds strength, every beat drives endurance, and every class feels like a party.*

**Boogie Bounce - Market leaders in rebounding fitness since 2014**

## For Gyms, Studios & Instructors

When you join Rave & Rebound, you get instant access to all the tools and support you need to succeed as an instructor.

Instructor  
training &  
certification

New routines  
every 8 weeks

9 high-energy  
club/rave  
tracks per  
release

Fully licensed  
music

Instructor  
community  
and HQ  
support

Marketing and  
social media  
assets



# Join the Movement

## How To Get Started

- Register your interest with Boogie Bounce HQ by emailing [info@boogiebounce.co.uk](mailto:info@boogiebounce.co.uk) or calling **0121 354 1190**
- Train & certify as a RAVE & REBOUND Instructor. Online or face-to-face courses available
- Launch your class and light up your fitness community

## Pricing

- **Training:** £195 - Available online or in person. Includes rebounder.
- **License:** £14 p.m without protected zoning or £24 p.m with protected zoning and eligibility to teach other Boogie Bounce programmes.
- **Music:** £5 p.m which includes 9 new high-energy rave tracks and a full routine every 8 weeks. Our fully licensed music means unlimited classes with no extra PPL costs
- **Rebounders:** Run your classes using our Studio or Elite Rebounders. [Learn more here](#), and email [info@boogiebounce.co.uk](mailto:info@boogiebounce.co.uk) for Instructor deals.

*My classes are fully booked and rave and rebound has brought new customers to my sessions*

**Levi, Boogie Bounce Sutton Coldfield**

*"I've added Rave & Rebound to my timetable and it's hands-down the most fun class I teach. My members love the club vibes"*

**Gemma, Boogie Bounce Lichfield**

# FAQs

## **Do I have to store the rebounders at my venue?**

Boogie Bounce rebounders fold away quickly and come with carry bags. You can store them neatly at your venue, stack them out of the way, or take them home with you (you can fit approximately 15 folded rebounder in the boot of a medium sized car) — whatever works best for your setup.

## **How do the rebounders stack?**

Simply remove the main leg (where the handle slots in) and the rebounders become stackable. Elite models stack up to 16 high, and Studio rebounders stack up to 8 high.

## **Do you offer credit or payment plans?**

Yes. We work with Klarna who offer options for purchasing both equipment and training.

## **How many rebounders do I need to start a class?**

This is completely up to you, but we usually recommend starting with 10–20. Teaching a class takes the same effort regardless of numbers — so more rebounders help you maximise your earning potential.

## **What is the difference between the two rebounders?**

The main difference is the bounce system: Elites use bungees, Studios use springs. Both models weigh the same, meet the same rigorous safety standards, and fold to the same size. It simply comes down to your budget and personal preference.

## **What is the warranty for commercial use?**

All rebounders come with a 6-month warranty on all parts, excluding the foam grips. Spare parts are available to purchase on our website should you ever need them.

## **How does zoning work if I choose this option?**

Rave & Rebound does not automatically include a protected postcode zone. If you would like an exclusive area, you can upgrade for £24 per month. This also gives you access to teach all other Boogie Bounce programmes.

## **Do instructors get a discount on rebounders?**

Yes. Instructors receive discounted equipment pricing. Contact us for details.

## **Do I need prior fitness qualifications?**

No prior qualifications are required. We have qualified and non-qualified training available.

# FAQs

## How do I purchase rebounders once I'm trained?

After passing your training, you can order directly through the Instructor Area of our website or request an invoice from our team.

## How long does the training take?

Our online training is fully self-paced. We recommend allowing 2–3 months to practise and complete your assessment, but you're welcome to finish sooner if you feel ready. Face-to-face training occurs every two months.

## Is the course accredited?

Yes — all Boogie Bounce training courses are endorsed by EMD.

## Why do I need to purchase the music separately?

The music is PPL-free. We license it on your behalf, and you then purchase it from us. Because it's PPL-free, you can run unlimited classes without worrying about expensive annual PPL fees.

## Do I need to sign a contract?

Yes. Your contract grants you permission to use the Rave & Rebound branding, choreography, and music, and outlines your monthly licence fee. You can cancel at any time with 30 days' notice.

## How do I receive new routines and music every 8 weeks?

Everything — routine videos, music, choreography notes — is delivered through our Instructor Portal.

## What ongoing support do you offer?

Our head office in Staffordshire is available by phone or email. Our master trainers have years of industry experience, and the Instructor Portal is packed with marketing materials, resources, and guidance to help you launch and grow your classes confidently.

## CONTACT

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