FAQs

Are there any restrictions?

Some restrictions specific to Bartlesville Bungee Fitness include pregnancy, any recent surgeries, weight of less than 90 lbs. and a weight of greater than 255 lbs. for bungee. Participants must be at least 12 years old. Participants between the ages of 12 and 17 years old must have a parent/guardian signature and ages 12-14 need a parent present during class.

What should I expect from my first class?

Plan on arriving 15 minutes early! Each client will need to complete a waiver and health questionnaire. Each participant is then privately weighed, and their station is customized for the individual. We provide all equipment needed for the workout. **DO NOT BE LATE** as soon as the instructor has everyone in their Bungee and starts class, they will not stop class to help anyone that walked in late.

All new participants will start with our Level 1 class where you will learn how to trust the bungee and be comfortable in your harness. We recommend this at least 4 to 5 times.

What should I wear?

We recommend wearing comfortable athletic leggings or bike shorts, a tank top or T-shirt, supportive athletic shoes and a medium-high impact sports bra (if applicable). *\*Loose clothing, short shorts and crop tops are not recommended.*

What should I bring?

Prepare to get sweaty! Bring water and a sweat towel.

(Tip: Black clothing will hide sweat best)

What are your hours?

We do not have set business hours. Please check our fitness schedule via Facebook and the website.

Because of the limited bungee stations available, all participants must book online before attending a class. You can find our schedule, book and Pay for your fly time, on our website @ bartlesvillegymnastics.org

How large are classes?

6 people is the max amount per class. This is to keep everyone safe and give proper space between clients. You will be able to book until the class is full. If you would like to book a private class, please reach out to us at Kristywhitsitt@bartlesvillegymnastics.org

What about class cancellations?

If a class is cancelled it will be due to minimum class size not reached (2 participants), inclement weather, emergency maintenance or personal emergency. Clients will receive notifications via email or text, and you will get your pass back.

What happens if I need to cancel?

If you need to cancel, you can do so through our website. You must cancel 6 hours in advance to get your pass back. Your pass will be used if you do NOT show up to class and fail to cancel within the allotted time. If you have a monthly unlimited pass and do not show to the class, you have booked we reserve the right to charge a $10 no show fee.

Finally, expect to have fun!