



Frequently asked questions

How do I register for classes?

Go to "Fitness classes" and from there, click the ["Book a class" link or Click here](#)

My friends and I want to take a class, can I register for them?

Yes. You will get an order number that will show how many class slots you paid for. You must know the shoe size to register.

Do you accept walk-ins?

Yes. However, walk-ins are only allowed only if you have your own boots. We strongly recommend you register online to ensure your space due to the fact that some locations may have limited accommodations.

How should I dress for class?

Supportive bra, long or tube socks, and bottoms that will stay up with excessive bouncing

Can I take the class without wearing the boots?

Due to the extreme jumping and bouncing, going bootless is not allowed. Kangoo Jumps classes allow you to enjoy high intensity jumping without damaging the joints!

Where are you located?

We are mobile. We offer classes all over Metro Atlanta. We can bring our cardio classes to your front door or any location of your choice.

Examples of places we have classes are:

- Local parks

www.kangooclubatlanta.com • (678) 575 – 4748 • info@kangooclubatlanta.com

Facebook: [Kangoo Club Atlanta](#) – • [Twitter, Instagram: KangooClubAtl](#)



- Gyms
- Health Clubs
- Schools
- Churches
- Neighborhood cul-de-sacs
- Workplace parking lots
- Tennis courts

We can go anywhere it is safe and has space for the work-out.

Is there an initial membership fee, or ongoing monthly fees?

No

I am shy. Who will be watching me?

Probably no one since you will be jumping with others who are watching the licensed instructor.

Still shy or unsure??? Why not plan for a “Girl’s Night Out” or private class?

This allows you to plan anywhere from 1-2 hours of instruction and girl time with YOUR closest friends. Call us to book your party today! We can come to your location or use one of the many studios in the Metro Atlanta area that we rent

Can Kangoo Jumps Rebound Shoes be used by anyone?

Yes. With the exception of pregnant women.

Kangoo Jumps rebound shoes are ideally suited for all ages (6 to 90 +), and all fitness levels.

People with health problems should first consult their doctor.

Is it difficult to learn how to use Kangoo Jumps Rebound Shoes?

Not at all. You will feel comfortable and safe after only a few minutes of use.

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The Kangoo Jumps rebound shoes are very stable. KJ rebound shoes can be used for running, aerobics, dancing, and plyometric drills.

Do doctors recommend the use of Kangoo Jumps Rebound Shoes?

Yes they do, for several reasons. [Click here to see benefits](#)

I am overweight, not sports-oriented, or coordinated. Can I use Kangoo Jumps Rebound Shoes?

Yes of course! The class routines are easy to modify with marching or light bouncing instead of jumping.

What results can I expect with regular use of Kangoo Jumps rebound shoes?

Your metabolic rate will become increasingly more efficient resulting in noticeable improvements in muscle tone , Weight management and an enhanced feeling of well-being In addition, your endurance will increase and you will be able to exercise longer.

Is there a DVD I can purchase that is specifically for use with Kangoo Jumps Rebound Shoes?

Yes. Check out our online store for DVDs
[Click here for Store](#)