



Tim Haft, President | Punk Rope, Inc. | 330 First Avenue, 8E | New York, NY 10009 | 646-263-9128 | tim@timhaft.com

Thank you for your interest in hosting a **Punk Rope Workshop**. Should you have any questions, don't hesitate to contact Tim Haft at **646-263-9128** or **tim@timhaft.com**.

What's Punk Rope?

Punk Rope is the most popular rope-jumping based fitness class in the world. It blends rope jumping with a variety of fun and effective bodyweight exercises and is fueled by raise-the-roof music. Punk Rope improves stamina, strength, agility, speed, power, and coordination.

Workshop Basics

- The Punk Rope Workshop is roughly 7 hours long.
- The workshop maximum is 20 (assuming a space of at least 1500 square feet).
- The workshop minimum is determined on a case-by-case basis.
- Punk Rope will provide you with an electronic flyer to help promote the workshop.
- Registration fee is \$250 per person or the host facility can purchase all 20 slots for a discounted flat fee of \$1500 plus reasonable travel expenses for the presenters.
- Those who want to launch a Punk Rope class must submit a short video demonstrating their ability to successfully teach the major elements of Punk Rope.

Registrants Receive:

- Custom-sized Punk Rope Jump Rope
- Detailed video analysis of their rope jumping form
- Punk Rope Instructor's Manual (E-book)

Host Responsibilities:

- **To enthusiastically promote the workshop to staff and members**
- To provide a workout space of at least 1500 sq ft (**if smaller, please call to discuss**)
- To provide a sound system, which accepts a wireless microphone

Next Steps

If you'd like to host a Punk Rope Workshop, please complete the form below and email it to tim@timhaft.com. Upon receipt, we'll give you a call to discuss.

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| Facility name | |
| Facility address | |
| Number of trainers/instructors at your facility | |
| Square footage of studio/gym (If less than 1500 sq ft call to discuss) | |
| Do you have a sound system, which accepts a wireless mic? | |
| Is your facility accessible by public transportation? | |
| Contact person | |
| Phone | |
| Email | |
| Registration preference (per person or flat fee) | |