

## Charity Leap for Boogie Bouncers

Wednesday 14 February, 2018

More than 2,000 Boogie Bounce fans will 'boing' for good causes on Sunday March 18 by taking part in the company's first national 'bounce-athon'.

Boogie Bounce – the first ever bouncing to music exercise class - hopes its synchronised event at ten locations across the country will raise up to £10,000 for Sport Relief.

The jump extravaganza will see huge classes of up to 100 bouncers taking to mini trampolines for the 2 x 1 hour long fundraising classes.

Jenny Belcher who founded Boogie Bounce 21 years ago said: "We're hoping to involve both our regular bouncers but also inspire brand new beginners who have yet to discover the joys and health benefits of Boogie Bounce to give it a go.

"Raising money for charity has always been important to me - and it's something we've done from our earliest days," says Jenny, 53, of Sutton Coldfield, West Midlands.

"One of my favourite photos is from a sponsored bounce back in 2004 when my nine-year-old stepdaughter, Emily, handed over a cheque for £3,500 to St Giles Hospice Care. She is now a successful instructor herself, 'the face' of Boogie Bounce in our videos and marketing photos, and is running one of these sessions on the day! How's that for coming full circle?

"Over the years we've raised tens of thousands of pounds for both local and national charities. But this is our biggest, most ambitious, event ever.

"When I suggested an event for Sport Relief our instructors jumped at the chance – and I'm thrilled that we've had such a great response.

"It's taken a lot of organising but I'm sure it will be a huge success."

Sports Relief is a national initiative organised by Comic Relief encouraging supporters to get active and raise money for charities both across the UK and abroad.

The ten nationwide locations for the Boogie Bounce Sport Relief Bounceathon are:

John Willmott School  
Reddicap Health Road  
Sutton Coldfield  
B75 7DY  
Instructor: Emily Male

Levenmouth Academy  
Methilhaven Road  
Fife  
Scotland  
KY8 1EA  
Instructor: Caroline Cunningham

Bolitho School Gym  
Polwithen Road  
Penzance  
TR18 4JR  
Instructor: Carrie Webb

Warblington High School  
Southleigh Road  
Hampshire  
PO9 2RR  
Instructor: Claire Haines

Wymondham Leisure Centre

### Media:



### Related Sectors:

Charities & non-profits :: Leisure & Hobbies :: Sport ::

### Related Keywords:

Fitness :: Boogie Bounce :: Exercise :: Fun :: Group Exercise :: Classes :: Charity :: Sports Relief ::

### Scan Me:



25 Norwich Road  
South Norfolk  
NR18 0NT  
Instructor: Louise Goodridge

Dunes Splash World  
Southport  
PR8 1RX  
Instructor: Amy Thompson

Harris Academy Falconwood  
The Green  
London  
DA16 2PE  
Instructors: Maxine Lawson & Hannah Al- Khaldi

Llandrillo College  
Llandudno Road  
Conwy  
Wales  
LL28 4HZ  
Instructor: Louise Lewis

Chesterfield College  
Infirmary Rd  
Chesterfield  
S41 7NG  
Instructor: Daniel Harris

Hadrian Leisure Centre  
St Peter's Road  
Tyne and Wear  
Newcastle  
NE28 7LQ  
Instructor: Suzanne Steele

Each of the ten venues will hold two classes from 10am to 11am, then 11am to 12pm. Fife will also be holding an extra class from 12pm to 1pm.

Tickets for each class cost £5 each. To book log onto:  
<https://www.eventbrite.co.uk/e/boogie-bounce-for-sports-relief-tickets-42863909106>

Boogie Bounce is an exclusive low-impact exercise programme offering cardiovascular, toning, fat burning and strengthening benefits. NASA agrees that 'bouncing is the most efficient and effective exercise yet devised by man' – while studies by NASA scientists have shown that bouncing is 68 per cent more effective than jogging but requires less effort.

## Notes to editor

For more details or to arrange an interview with founder Jenny Belcher please contact Claire Nicholls at Boogie Bounce marketing on 0121 354 1190 or [claire@boogiebounce.co.uk](mailto:claire@boogiebounce.co.uk)

## Company Contact:

**Boogie Bounce Ltd**

T. 0121 354 1190

E. [marketing@boogiebounce.co.uk](mailto:marketing@boogiebounce.co.uk)

W. <https://www.boogiebounce.com>

[View Online](#)

## Additional Assets:

**Newsroom:** Visit our Newsroom for all the latest stories:

<https://www.boogiebounce.pressat.co.uk>