

First Time Flyer Info Sheet

Information on what to expect at your first AntiGravity Fitness class

AntiGravity Fitness classes are designed to ensure your safety so that you can relax and have fun. Your Certified AntiGravity Instructor is trained to provide easy to follow instructions and assist you when needed. All AntiGravity techniques are built, following a solid methodology of progressions, so that you will be successful – from your first class and every one thereafter!

Following are some basic information and guidelines to put your mind at ease.

Safety

- Ensure that your instructor is properly Certified. A complete list of active AntiGravity Fitness Instructors and their certifications can be found [here](#).
- If possible, chose an AntiGravity Affiliated studio for your first class. This ensures that you are taking a genuine AntiGravity class. [AS note: not really true currently]
- The AntiGravity Hammock is easily recognized by its logo on the fabric. If it does not have our logo on the fabric, the hammock is either not original, or it is past its useful lifespan.

Communicate

- If you're working around a physical challenge (i.e. injury), let the instructor know. They are trained professionals who know how to modify movement in order to accommodate your special need.
- AntiGravity classes are not competitive and are judgment free. We're all here to explore, learn, and challenge ourselves. At any given time, it is perfectly ok to sit out any part of the class if you do not feel 100% comfortable.
- Our motto is: "Monitor Your Resistance – do your best, no less, no more"

Prior Fitness Experience

Whether you are a total novice, or a fitness pro, AntiGravity classes are accessible to all.

Contraindications

As with any physical activity, please speak to your doctor if you have concerns. Some known contraindications specific to inversions are:

- Pregnancy
- Glaucoma
- Heart disease or very high or low blood pressure
- vertigo
- Recent head injury
- Propensity for fainting
- Sinusitis or head cold
- Hiatal hernia
- Disc herniation
- Recent stroke

- Recent Botox injections (within 6 hours)

Recommendations on What to Wear

Given the unique nature of inversions and the AntiGravity Hammock, we suggest the following guidelines for attire:

- Workout wear that covers the armpits to minimize chafing.
- Tighter fitting tops are preferred: Remember you will be upside down!
- If wearing leggings, make sure they are opaque when stretched.
- Fitted undergarments are a must: Remember, you will be upside down – keeping your junk in place will avoid uncomfortable adjusting.
- AntiGravity Fitness classes are conducted barefoot. If you must wear socks, they should be the grippy kind.
- PLEASE NO JEWELRY: your engagement ring may look stunning, but it can damage the fabric. If you don't want to take it off, cover it with a band aid.

Food and Water

Having a little something in your stomach is a good idea. A full meal? Not so much. Water and hydration is a must.

Dizziness

About 5% of the general population has a strong propensity for dizziness or seasickness. Ginger candy before class can help. Your instructor will remind you during class to listen to your body. Dizziness is best dealt with right at the onset. If you feel queasy, stop and let the instructor know. They will have you sit out any move that might worsen your condition.

Anxiety / Fear

It is perfectly normal to feel apprehension when trying something entirely new. But you took the most important step: You showed up! Here some information that might put your mind at ease:

- During an inversion you are only 3-6 inches off the ground
- During the majority of the moves your weight is distributed between the hammock and the floor.
- The Antigravity Hammock and all of its component have been tested to hold in excess of 1,000lbs / 454kg

The difference between fear and excitement in the body is relaxation.

After Class

Our promise to you is that after class you will be stretched to your maximum height, varying between ¼" to 1½" taller. Unfortunately, the effects are not cumulative. You will feel lighter, refreshed, and your muscles will feel worked out. Clients compare their after class feeling to the after effects of a really great massage.