



# Tim Haft Fitness

Tim Haft | Punk Rope, Inc. | 330 First Avenue, 8E | New York, NY 10009 | 646-263-9128 | [tim@timhaft.com](mailto:tim@timhaft.com)

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Thank you for your interest in hosting a **Double Unders Seminar**. Should you have any questions, don't hesitate to contact Tim Haft at **646-263-9128** or [tim@timhaft.com](mailto:tim@timhaft.com).

## About The Presenters

*Tim Haft* is the creator of Punk Rope and the Double Unders Seminar and is an ACE-certified personal trainer and USA Track & Field coach. Tim has been jumping rope since 1976 and coaching athletes of all ability levels since 1998. *Shana Brady* holds a BS in Exercise Science along with fitness certifications from ACSM, NASM, and ACE. Since 2005, Tim and Shana have conducted rope-jumping workshops for thousands of fitness instructors, educators, coaches, and athletes. They have conducted double unders seminars at more than 70 boxes in 13 states.

## Seminar Basics

- The Double Unders seminar is approximately two and a half hours long and is usually held on a Saturday or Sunday.
- The workshop maximum is 20.
- The workshop minimum is typically 6, but depends on the location of the host facility.
- The registration fee is \$60 per person **or** you can purchase all 20 slots for a flat fee of \$600 plus reasonable travel expenses for two presenters.
- You'll receive a 20% revenue share **unless** you opt for the \$600 flat fee.
- Registration for the a la carte option is handled through the [timhaft.com](http://timhaft.com) website.
- Tim Haft will provide you with an electronic flyer to help promote the seminar.

## Registrants Get:

- Custom-sized jump rope
- Custom-sized wrist trainer
- Rope jumping instruction E-book
- Video analysis of their rope jumping technique

## Host Responsibilities:

- To promote the seminar
- To provide a **workout** space of at least 1500 sq ft (**if smaller, call us**)

## Next Steps

Complete the form on the next page and email it to [tim@timhaft.com](mailto:tim@timhaft.com).

<b>Facility name</b>	
<b>Facility address</b>	
<b>Usable square footage of facility (If less than 1500 sq ft call or email us)</b>	
<b>Is your facility accessible by public transportation?</b>	
<b>Contact person</b>	
<b>Phone</b>	
<b>Email</b>	
<b>Registration preference (per person or flat fee)</b>	