



SPRINGYS™

WHAT'S THE BEST EXERCISE RECOVERY TECHNIQUE?

EXERCISE STUDY

SATURDAY

JANUARY 31ST, 2026

We're comparing these exercise recovery methods to see which is most effective:

- Spring Technology (Pilates-based)
- Contrast Therapy (Sauna/Ice Bath)



WHAT YOU GET



FREE EXERCISE PHYSIOLOGY WORKOUT

Each participant will complete a free high-intensity workout session led by Exercise Physiologists.



EXPERIENCE CUTTING-EDGE RECOVERY TECH

You'll have a chance to experience cutting edge recovery techniques including Springys and Contrast Therapy.



ACCESS YOUR RECOVERY DATA

Receive your recovery data to better understand how you recover from high intensity exercise.



FREE AND DISCOUNTED SERVICES

25% off Exercise Physiology Assessment PLUS complimentary 2 week Springys All-Access Membership with unlimited classes.

WHAT'S INVOLVED?

We'll need approx 2.5 hours of your time to:

- Complete initial data collection
- Deliver a high-intensity exercise session
- Deliver a guided recovery session
- Collect post-session data

24 hours later, we'll need up to 10 minutes of your time for final data collection.

REGISTER HERE

