

FitSprings



WHAT IS FITSPRINGS?

FitSprings is an all-in-one system designed to support injury-free dynamic movements that was developed by Pilates teacher and studio owner Jill Harris after many of her clients reported loving their HIIT and boot camp classes while also lamenting how much these workouts made their knees, hips, back, and shoulders hurt.

Jill realized that the average person doesn't typically have the time or patience to master the technique required for higher intensity or plyometric movements, so she created FitSprings to make these exercises safer, so her clients could get the results they wanted without joint pain.

Since then, FitSprings has been used in gyms, Pilates studios, and physical therapy clinics for numerous applications including:

- Helping dancers improve their technique and recovery from injury
- Cross training for professional football players
- Helping older adults improve their balance and coordination in a safe and controlled environment
- Creating dynamic higher intensity cardio workouts that minimize impact on the joints

FitSprings has also been used by members of the San Francisco Ballet, the Arizona Ballet, former professional tennis players, and a player from the Cincinnati Bengals.

STUDIO SYSTEM

HOW FITSPRINGS BENEFITS YOUR BUSINESS

Many of the owners who have brought FitSprings into their facility have successfully increased their rates by 25% and broadened the long-term earning potential of their business.

FitSprings can be used to teach privates and classes. Depending on the set-up and the size of your facility, you can teach up to 6 people on a standard FitSprings structure.

FitSprings is a unique, dynamic workout that can't be found in every studio, which gives you an edge over your competitors.

The system allows you to diversify your services. For example, if you are a Pilates studio, it gives you a way to offer cardio classes to your clients.

The FitSprings structure can also be used for suspension training and aerial yoga.

“The FitSprings system is genius in both design and execution. Its size is perfect for even a small studio and you can train two people at a time on the FitSprings. The applications for use are endless. We are so excited to be one of the five studios to feature the system and I predict many more fitness/dance/Pilates studios will soon have this remarkable system installed to the delight of their clients!”

~ Linda McDonald, Co-Owner, Beach Body Design, Seal Beach, CA

SINGLE SYSTEM



The FitSprings home version has a modern and multi-functional capability that makes the perfect set-up for a home gym or studio! It can be used for Pilates, Barre Fitness, HIIT Workouts, Functional Training and much more.

Equipment that can safely be added to the VFF frame includes:

- TRX
- Aerial Yoga Hammock
- Pull Up / Dead Hang / Invert Station
- Pole Fitness
- Punching Bag Station

This all-in-one system promotes injury free dynamic movement and endless versatility.

If you want to experience the system or are interested in purchasing FitSprings, email Jill Harris at informedbody@gmail.com or visit fitsprings.com to learn more.