

## SPORTS PERFORMANCE PRICING & SERVICES

SERVICE	PRICE	NOTES
<b>Assessments</b>		
Weight Loss Assessment	\$229	Includes Peak VO2 test, weight loss training zones, fat utilization, results consultation, and 1 month individualized weight loss cardio program.
Wellness Metabolism Assessment	\$229	Includes Peak VO2 test, energy metabolism break down, goal specific training zones, results consultation, and personalized cardio program
Sport Metabolism Assessment	\$399	Includes VO2 Max, lactate threshold, sport specific training zones, fuel utilization, results consultation, and 1-month sport specific program
Race Nutrition Testing	\$199	Includes VO2 test at race pace, nutrition guidance for pre-race, during race and after race, pacing assessment and supplementation
<b>Add on Services</b>		
Exercise Physiological Consultation	\$129	50 minute session
VO2 Peak or Max Test	\$199	Includes only the data
Lactate Threshold Test	\$199	Includes only the data
Sports Nutrition Consultation	\$129	One on one session with a sports dietitian
<b>Monthly Coaching Options</b>		
Basic Online	\$129	Includes email access to your coach, re-test recommendations, and program adjustments
Advanced	\$259	Includes 2 30-minute (in person or by phone) sessions with data review, unlimited access to your coach, program adjustments, retest recommendations
Elite	\$995	2 50-minute coaching sessions, unlimited email access, re-tests every 4-6 weeks and daily data review (email or online)

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WELLNESS  
CHANGES  
EVERYTHING

