

## Services and Pricing

Performance Packages (recommended)	more information
Youth Packages (recommended)	more information
Sports Nutrition Coaching	Prices based on package (more information)
VO2/Ventilatory Threshold	\$175
Lactate Analysis (Aerobic)	\$175
Lactate Clearance	\$100
Aerobic Lactate Package	more information
Wingate Test	\$75
Running Economy Test	\$175
Individual Bike Fit/SpinScan	\$250
Individual Program Design	\$100
RMR & Body Composition Analysis	\$100
Sweat Test	more information
Glucose Uptake Test	\$150
3 Day Food Record Analysis	\$100
Sports Specific Group Lectures (On-site or Off-site)	more information