



Assessments for Coached Clients of SSP Or AT YOUR SITE – Group Rate Options Too!

Cash, Check, Credit Card* *Please bring correct change as SSP does not have a cash drawer on site

No shows and cancellations less than 24 hours will be charged \$50

SSP Coached Clients - Assessments & Consultations

Fitness Assessment & Consultation – appx 90 Minutes [includes VO2 Peak, VO2, VCO2, RQ, VE, AeT, AT, Caloric Expenditure, Heart Rate, Power, Pace PLUS results consultation and documents]	160.00
Efficiency Assessment With Consultation appx 2 hours [includes VO2, VCO2, RQ, VE, Caloric Expenditure, REE, MEP, AeT, MT, AT, Heart Rate, Power, and/or Pace Zones, and VO2 Peak option, PLUS consultation of results and documents]	200.00
RMR & Consultation – appx 45 minutes [Daily RMR, Resting Heart Rate, RQ, PLUS results consultation]	90.00
CONSULTATIONS	90.00/hr
Your Site or GROUPS – Please email for quote. Based on location & group size/services requested	t/b/d

For More Information Contact:

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