



SPECIALISTS IN SPORTS PERFORMANCE FEES

Cash, Check or Credit Card via PayPal***

*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 a fee of \$50

Assessments & Consultations

Fitness Assessment & Consultation – appx 90 Minutes [includes VO2 Peak, VO2, VCO2, RQ, VE, AeT, AT, Fat/Carb %, Caloric Expenditure, Heart Rate, Power zones and/or Pace Zones PLUS extensive results consultation with documents]	150.00
RETEST Fitness Assessment – appx 60 Minutes [includes VO2 Peak, VO2, VCO2, RQ, VE, AT, LT, Fat/Carb %, Caloric Expenditure, Heart Rate, Power zones and/or Pace Zones, documents of results] ReTest is for those rescheduling the same test within 1 year	115.00
Efficiency Assessment With Consultation appx 2 hours [includes VO2, VCO2, RQ, VE, Fat/Carb %, Caloric Expenditure, REE, MEP, AeT, LT, Heart Rate, Power, and/or Pace Zones, AT and VO2 Peak option, PLUS extensive consultation of results with documents]	200.00
RMR & Consultation – appx 45 minutes [Daily RMR, Resting Heart Rate, Fat/Carb %, PLUS results consultation]	85.00
Power Assessment – appx 60 Minutes [includes Power Threshold Test or Peak Power Tests and Power Training Zones] Various power based assessments available.	85.00
PowerTap, Garmin ForeRunner or Heart Rate Monitor Consultation – 60 to 90 Minutes Learn to set-up & use your device & software	85.00 – 100.00
PERSONAL ONE-on-ONE Training and CONSULTATIONS	85.00/hr
GROUP TRAINING – Please call for quote, based on specific group services requested	t/b/d

Training/Coaching

Click [HERE](#) for Fees & Services



For More Information Contact:

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