

OPTIMUM

Health - Fitness - Sport

Professional Services & Fees

CONDITIONING PACKAGES

One to One Conditioning

Single session	\$75.00
1 month (12)	\$780.00
3 month (36)	\$2210.00 (\$737/month)

Partner Conditioning (2 people)

Single session	\$45.00/person
1 month (12)	\$480.00/ person
3 month (36)	\$1360.00/person (\$454/month ea.)

Small Group Conditioning (3-4 people)

Rates available upon request.

Fitness Assessment \$95.00

1.5 hrs testing of cardiovascular, flexibility, muscular endurance, strength and body composition .

Body Composition \$65.00

Girth measurements and body fat calibration along with ideal weight and goal setting.

Nutritional Analysis \$ 95.00

Analysis of caloric intake and quality of calories provided with menu suggestions targeting your nutritional goals.

Performance PLUS Personal Services

We have a network of professionals available to support the client's needs.

Our team consists of:

Lisa-Marie Vowk—Nutritionist, Wellness Specialist, Yoga Coach, Conditioning Coach

Jeane Lassen—Olympic Athlete & PT

Shelly Mitchell – PT and Groups

Sheri Van Hasselt – Nordic Walking Coach

Shelley Gellatly – Athletic Therapist