



Human Performance Lab

Assessment Fee Chart

	Community	SFU Students
<i>Body Composition (Body Comp)</i> <i>Bod Pod or InBody 770</i>	25	10
<i>Metabolic Testing*</i>		
<i>Resting Metabolic Rate (RMR)</i>	25	20
<i>RMR + Body Comp</i>	50	30
<i>Aerobic Fitness</i>	75	30
<i>RMR + Aerobic Fitness</i>	100	50
<i>Personal Fitness Package</i>	100	60
<i>Weight Management Package</i>	125	100
<i>Motion Analysis</i>	75	50
<i>Athletic Readiness</i>	100	60
<i>Muscle Size and Quality Analysis</i>	25	20
<i>Lactate Threshold</i>	Add \$25 to Aerobic Fitness Assessment or any package	
<i>Heart Health</i>	25	20

* Requires degree of fasting.

All prices are subject to change.



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Program Fee Chart

	Rate	Package Deals
<i>Personalized Monthly Exercise Plan</i>	\$25 / month	N/A
<i>Supervised Exercise Sessions</i>		
Face-to-Face at DiSepio Institute (60 min)	\$15/session	6 sessions: \$80 (save \$10) 12 sessions: \$165 (save \$15)
Virtual (30 – 60 min)	\$10/session	6 sessions: \$50 (save \$10) 12 sessions: \$105 (save \$15)
<i>FLASH Wellness Program</i>		
<i>Forming Lifestyle Adherence for Sustainable Health</i>		
<ul style="list-style-type: none"> • Sessions through phone/virtual calls <ul style="list-style-type: none"> ○ First month: Weekly ○ Months 2-6: Biweekly ○ Months 7-12: Once per month • Includes 4 Bod Pod assessments 	\$50 / month	1 year plan: \$500 (save \$100)
<i>Summer Strength and Conditioning Camp</i>		
<ul style="list-style-type: none"> • Those entering 6th – 12th grades in Fall • 24 total sessions <ul style="list-style-type: none"> ○ 8 weeks <li style="padding-left: 40px;">3rd week June – 1st week August ○ 3 days/week (Mon, Wed, Fri) ○ 90 minute sessions • 1 – 3:1 Athlete:Trainer Ratio 	\$225 / athlete	Each additional sibling \$200

Fees must be paid prior to start.

All prices are subject to change.