



## Human Performance Lab

### Assessment Fee Chart

	Community	SFU Students / Military
<b>Body Composition (Body Comp)</b> <i>Bod Pod or InBody 770</i>	40	25
<b>Metabolic Testing*</b>		
<i>Resting Metabolic Rate (RMR)</i>	40	25
<i>RMR + Body Comp</i>	80	40
<i>Aerobic Fitness</i>	100	80
<b>Personal Fitness Package</b>		
<i>Body Comp + Aerobic Fit + Functional Movement Screen</i>	165	125
<b>Weight Management Package</b>		
<i>Body Comp + RMR + Aerobic Fitness</i>	180	130
<b>Motion Analysis</b>		
<i>Functional Movement Screen</i>	25	20
<i>DARI Motion Capture</i>	75	50
<b>Athletic Readiness / Return to Play</b>		
<i>DARI Motion Capture + Biodex Knee Strength</i>	125	75
<b>Muscle Size and Quality Analysis</b>	40	20
<b>Lactate Threshold</b>	Add \$40 to Aerobic Fitness Assessment or any package	
<b>Heart Health</b>		
<i>Resting electrocardiogram (EKG) + Blood Pressure</i>	25	20

\* Requires degree of fasting.

All prices are subject to change.



## Human Performance Lab

### Program Fee Chart

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

Fees must be paid prior to start.

All prices are subject to change.