



# Human Performance Lab

## Assessment Fee Chart

	Community	Repeat*	SFU Faculty/Staff	SFU Students
<b><i>Bod Pod</i></b>	25	20	20	10
<b><i>Metabolic Testing**</i></b>				
<i>Resting Metabolic Rate (RMR)</i>	25	20	25	20
<i>Aerobic Capacity (VO<sub>2</sub>max) or Metabolic Efficiency (MetE)</i>	50	45	45	30
<i>RMR + Bod Pod</i>	50	45	45	25
<i>RMR + VO<sub>2</sub>max or MetE</i>	75	70	70	50
<b><i>Personal Fitness Package</i></b>	100	90	90	75
<b><i>Weight Management Package</i></b>	100	90	90	75
<b><i>Race Prep Packages</i></b>				
<i>Run or Cycle (1 day)</i>	100	90	90	50
<i>Triathlon (2 days)</i>	150	140	140	75
<b><i>Sports Performance</i></b>	100	90	90	50
<b><i>ACL Injury/Re-Injury Prevention</i></b>	50	45	50	50
<b><i>Lactate Threshold</i></b>	Add \$25 to VO <sub>2</sub> max or MetE Assessment or any package			
<b><i>Programs†</i></b>				
<i>Detailed Monthly Exercise Plan</i>	\$25 / month	Repeat rates do not apply	\$25 / month	\$25 / month
<i>Supervised Exercise Training</i>	\$10/session		\$10/session	\$8/session
<i>Weight Management Program (includes Bod Pod every 3 months)</i>	\$50 / month		\$50 / month	\$30 / month

\* Rate if reassessed within 6 months of original/previous assessment.

\*\* Requires degree of fasting.

† Rate is per month and must be paid prior to start.

All prices are subject to change.