

# Endurance PTC Lab Membership Options

## Fitness & Wellness

\$150/month – 4 month minimum - \$250 start-up

- ✓ **Lab Visits for exercise testing & RMR**
  - ✓ *up to 4 per 4-month period*
  - ✓ *Gx protocols, lactate & off-site options*
- ✓ **Nutrition Support**
  - ✓ *Dietary Analysis & Meal Planning*
- ✓ **Sweat Test/Hydration Consultation**
- ✓ **Body Composition Analysis**
  - ✓ *Unlimited BIA measurements*
- ✓ **Member pricing on facility use and any additional consults & lab visits**

## Performance

\$250/month – 6 month minimum - \$250 start-up

- ✓ **Lab Visits for exercise testing & RMR**
  - ✓ *up to 4 per 6-month period*
  - ✓ *Gx protocols & lactate & off-site options*
- ✓ **Nutrition Support**
  - ✓ *Dietary Analysis & Meal Planning*
- ✓ **Sweat Test/Hydration Consultation**
- ✓ **Body Composition Analysis**
  - ✓ *Unlimited BIA measurements*
- ✓ **Member pricing for facility use, one-on-one coaching sessions, bike fits and any additional consults & lab visits**
- ✓ **Coaching/Training Plan**
  - ✓ *Evidence-based, customized training plan for cycling, running or multi-sport that includes Training Peaks premium account, weekly email & phone contact as needed.*

# Endurance PTC Lab Pricing

<b>Service</b>	<b>Performance Membership \$250/month</b>	<b>Fitness &amp; Wellness Membership \$150/month</b>	<b>Non-Member a la carte</b>	<b>Member a la carte</b>
Exercise Testing (Gx)*	yes (4 per segment)	yes (4 per segment)	\$285/\$265	-
Resting Metabolic Testing (RMR)*	"	"	\$349/\$199	-
Dietary Analysis & Meal Plan	yes (1 per segment)	yes (1 per segment)	\$250	\$225
Sweat test & hydration consultation	yes	yes	\$175	\$150
InBody BIA Measurements	yes	yes	\$49/\$35	-
1-Hour Coaching Consults	yes	a la carte	\$125	\$100
Training Plan/Coaching	yes	x	x	x
Exercise Testing (INSCYD analytics) <sup>Ⓞ</sup>	a la carte	a la carte	\$385/\$350	\$100
1-Hour Nutrition Consults	a la carte	a la carte	\$155	\$135
30-minute Nutrition Follow-ups	a la carte	a la carte	\$125	\$100
bike fitting	a la carte	a la carte	\$285	\$245
eCycling Classes	a la carte	a la carte	\$50	\$35 (1x month)
Gym-use	a la carte	a la carte	\$25/day drop-in	\$10/day drop-in
<i>*Respiratory Gas Exchange Protocols</i>				
<i>Ⓞ INSCYD blood lactate &amp; PPD options</i>				

