



# PRICING

## eCycling

<b>Initiation</b> .....	<b>\$499</b>
(includes initial lab visit and bike fit)	
<b>Full Membership</b> .....	<b>\$299</b> per month
- <b>Couple's Rate</b> .....	<b>\$500</b> per month
- <b>Young professional (under 30)</b> .....	<b>\$199</b> per month
2x per week eCycling (reserved at preferred class time)	
eCycling Drop in Privileges	
Gym access included	
Regular lab visits (Gx testing)	
<b>Limited Membership</b> .....	<b>\$199</b> per month
1x per week eCycling (or 4 per month)	
Gym access included	
Regular lab visits (Gx testing)	
<b>10-pack with assessment</b> .....	<b>\$649</b>
10 drop-in classes valid for 3 months	
1x fitness assessment (@ 20% discount)	
<b>10-pack of drop-in eCycling classes</b> .....	<b>\$449</b>
10 drop-in classes valid for 3 months	

## Bike fitting

<b>Bike fit</b> .....	<b>\$285</b>
Road, MTB, Cyclocross, Triathlon or Time-trial	
<b>Double bike fit</b> .....	<b>\$450</b>
<b>Cleat setting</b> .....	<b>\$40</b>
<b>Fit replication</b> .....	<b>\$100</b>
applies current fit measurements to another bicycle	
<b>Consultation</b> .....	<b>\$50 (per 25 minutes)</b>



# PRICING

## eLab Exercise Testing & Coaching

**Fitness & Wellness Lab Membership**.....\$150/month  
*- see details below, page 3*

**Coaching & Lab Membership**.....\$250/month  
*- see details below, page 3*

### Non-member a-la-carte testing & appointments:

#### Respiratory Gas Exchange Testing (Gx)\*

- Maximal assessment for threshold identification, training zones, fuel utilization, Fat<sub>max</sub>, peak power, and VO<sub>2max</sub>\* .....\$285  
 -Maximal assessment follow-up visit (within 3 months of initial visit).....\$265
- Submaximal assessment to identify maximal fat burning / metabolic efficiency.....\$285  
 -Submaximal assessment/ metabolic efficiency 6 or 8 week follow-up visit....\$265

#### Elite Performance Assessment with INSCYD analytics\*

- Includes blood lactate & VO<sub>2max</sub> for full metabolic profile (VLa<sub>max</sub> testing).....\$375  
 -Combination INSCYD analytics re-test visit.....\$350  
 -Submax running economy/efficiency evaluation only (O<sub>2</sub> & lactate measurements).....\$199  
 -Field-testing with lactate only is available, please contact us for details.  
 -Remote Testing Using INSCYD **Power-Performance Decoder (PPD)**.....\$250

**Body profile measurements using InBody 570 BIA**.....\$49  
 - Body profile measurement follow-up visits.....\$35

**1 hour coaching consultation**.....\$125

**Hydration Consultation & Sweat Test**<sup>o</sup> .....\$175

**Resting Metabolic Rate Measurement (RMR)**.....\$349  
 - Includes testing, results interpretation, consultation with Registered Dietitian (RD) and follow-up report  
 - For referrals, testing only without consultation and follow-up.....\$199

\* Offered for: cycling, rowing, swimming and running. Each appointment includes body profile measurement and 1 hour consultation.

<sup>o</sup> Call or email [info@enduranceptc.com](mailto:info@enduranceptc.com) for information & pricing on group & remote testing.

## Sports & Wellness Nutrition

- 1 hour nutrition consultation: Ask The RDN.....\$199**
- Includes follow up report & InBody 570 BIA body composition measurement
  - *Follow up consultation within 3 months of original appointment.....\$125*

- Dietary Analysis & Meal Planning.....\$250**
- Includes a 1-hour introductory consultation & Dietary Recall Analysis, meal plan and access to EatLove interactive software for tracking and communication with RDN.

## Lab & Coaching Membership Details:

**Performance: \$250/month. \$250 start-up & 6-month minimum**

*Coaching membership offers a full range of services to provide coaching that is evidence-based, dynamic & customized. Coaching membership for cyclists, runners and multi-sport includes:*

- *Training Peaks basic account & customized training plan*
  - o *communication primarily via email & weekly phone call as necessary*
- *Up to 4 lab visits for Gx testing per year/season, \$100 for INSCYD analytics*
- *Dietary Analysis & Meal Plan*
- *Unlimited BIA measurements*
- *Special pricing on retail items and bike fittings*

**Fitness & Wellness: \$150/month. \$250 start-up & 4-month minimum**

*Lab membership includes exercise testing and nutrition support, the full range of services to provide evidence-based recommendations. From non-athletes to self-guided or coached competitors in running, cycling, rowing, swimming & multi-sport the fitness and wellness package keeps you on track, accountable and motivated. This level of membership includes:*

- *Up to 4 lab visits per 4 or 6 month period, (\$100 supplemental for INSCYD analytics & PPD)*
- *Dietary Analysis & Meal Plan*
- *Sweat test and hydration consultation*
- *Unlimited BIA measurements*
- *Special pricing on retail items and bike fittings*

**A summary of lab memberships is listed on page 5.**



# PRICING

## Gym-use-only membership

Daily access to Endurance PTC gym.....\$100 (per month)  
 - *Initiation and set-up (one-time fee)*.....**\$100**

Couple's rate.....\$175 (per month)

*\*Gym use only membership does not include eCycling classes or lab visits.*


## Bike Storage

Monthly Bike Storage.....\$35 (per month)

---

A summary of lab memberships is listed below on page 5 with member pricing on a-la-carte services.

## Lab & Coaching Membership Overview:

Endurance PTC Lab Pricing				
Service	Performance Membership \$250/month	Fitness & Wellness Membership \$150/month	Non-Member a la carte	Member a la carte
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
*Respiratory Gas Exchange Protocols				
© INSCYD blood lactate & PPD options				

## Endurance PTC Lab Membership Options

Fitness & Wellness \$150/month – 4 month minimum - \$250 start-up	Performance \$250/month – 6 month minimum - \$250 start-up
<ul style="list-style-type: none"> <li>✓ <b>Lab Visits for exercise testing &amp; RMR</b> <ul style="list-style-type: none"> <li>✓ up to 4 per 4-month period</li> <li>✓ Gx protocols, lactate &amp; off-site options</li> </ul> </li> <li>✓ <b>Nutrition Support</b> <ul style="list-style-type: none"> <li>✓ Dietary Analysis &amp; Meal Planning</li> </ul> </li> <li>✓ <b>Sweat Test/Hydration Consultation</b></li> <li>✓ <b>Body Composition Analysis</b> <ul style="list-style-type: none"> <li>✓ Unlimited BIA measurements</li> </ul> </li> <li>✓ <b>Member pricing on facility use and any additional consults &amp; lab visits</b></li> </ul>	<ul style="list-style-type: none"> <li>✓ <b>Lab Visits for exercise testing &amp; RMR</b> <ul style="list-style-type: none"> <li>✓ up to 4 per 6-month period</li> <li>✓ Gx protocols &amp; lactate &amp; off-site options</li> </ul> </li> <li>✓ <b>Nutrition Support</b> <ul style="list-style-type: none"> <li>✓ Dietary Analysis &amp; Meal Planning</li> </ul> </li> <li>✓ <b>Sweat Test/Hydration Consultation</b></li> <li>✓ <b>Body Composition Analysis</b> <ul style="list-style-type: none"> <li>✓ Unlimited BIA measurements</li> </ul> </li> <li>✓ <b>Member pricing for facility use, one-on-one coaching sessions, bike fits and any additional consults &amp; lab visits</b></li> <li>✓ <b>Coaching/Training Plan</b> <ul style="list-style-type: none"> <li>✓ Evidence-based, customized training plan for cycling, running or multi-sport that includes Training Peaks premium account, weekly email &amp; phone contact as needed.</li> </ul> </li> </ul>