



HOWARD HEAD PERFORMANCE

Performance Assessments (60min)

Service	Price
General Performance Assessment	\$100
Sports Performance Assessment	\$150

Metabolic Testing

Service	Price
Resting Metabolic Rate Test	\$100
VO2 Max Test + Consultation	\$200

Private Performance Training (60min)

Service	Price
Private Session – Single Session	\$100
Private Session – 3 Pack	\$275
Private Session – 6 Pack	\$525
Private Session – 12 Pack	\$1,000

Return to Sport Training (30min)

Service	Price
Return to Sport Session	\$55

Group Performance Training

Service	Price
Partner Session (2)	\$150 (\$75 Each)
Group Training (> 3)	\$300 / Month (3 Sessions / Week)
Drop-In Session	\$50 *At Least 48 Hour Notice

Youth Sports Performance Training

Service	Price
Youth Membership	\$300 / Month (3 sessions / Week)

Performance Dietician Services

Service	Price
Nutrition Strategy Session	\$200
Nutrition Assessment & Plan	\$350

Contact Ryan Owen at HHP@VailHealth.org for more information.

HowardHead.org