



# HOWARD HEAD PERFORMANCE

## Performance Assessments

Service	Price
General Performance Assessment (60min)	\$100
Sports Performance Assessment (90min)	\$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

## Recover Program (30min)

Service	Price
Recovery 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 [ryan.owen@vailhealth.org](mailto:ryan.owen@vailhealth.org) for more information.

[www.howardhead.org](http://www.howardhead.org)