





PEAK ACADEMY TRAINING, COACHING, SERVICES, & MERCHANDISE PRICE SCHEDULE

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|  <p>Triathlon, POSE Running, Swimming, Cycling (Mt. & Road), Track & Field, and Team Sports Coaching</p> | 1-one hour private session | \$55 |
| | 6-one hour private sessions | \$310 |
| | 1-one hour duet (2 people) sessions | \$85 |
| | 6-one hour duet sessions | \$490 |
| | 1-one hour trio (3 people) sessions | \$115 |
| | 6-one hour trio sessions | \$670 |
| | 1-one hour quad (4 people) sessions | \$155 |
| | 6-one hour quad sessions | \$930 |
| | Weekend clinics (2 days of 5 hr. sessions) | \$475 pp (min. of 5 people need to be enrolled) |
| | Video Technique Analysis | Use above price schedule plus \$25 (price includes your own CD copy and written analysis) |
| | Private Open Water Swim Session (3 ½ hrs. – transportation costs included – wetsuit required – USAT coaches – LGT) | \$65 |
| | Group Open Water Swim Session (4 person minimum - 4 hrs. – transportation included – wetsuits required – USAT coaches - LGT) | \$40 pp |
| Special Team Luna Open Water Clinics to support Breast Cancer Research | Check updated listings online at http://sports.groups.yahoo.com/group/lunasaltlakecity/ | |

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|  <p>Pilates Studio Training</p> | 1-one hour private session | \$65 |
| | 6-one hour private sessions | \$310 (\$61.67 per session) |
| | 1-one hour duet (2 people) sessions | \$85 (\$47.50 pp) |
| | 6-one hour duet sessions | \$490 (\$91.67 per session) |
| | 1-one hour trio (3 people) sessions | \$115 (\$41.67 pp) |
| | 6-one hour trio sessions | \$670 (\$121.67 per session) |
| | 1-one hour quad (4 people) sessions | \$155 (\$41.25 pp) |
| | 6-one hour quad sessions | \$930 (\$161.67 per session) |

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|  <p>Yoga Private Training</p> | 1-one hour private session | \$55 |
| | 6-one hour private sessions | \$370 (\$61.67 per session) |
| | 1-one hour duet (2 people) sessions | \$95 (\$47.50 pp) |
| | 6-one hour duet sessions | \$550 (\$91.67 per session) |
| | 1-one hour trio (3 people) sessions | \$125 (\$41.67 pp) |
| | 6-one hour trio sessions | \$730 (\$121.67 per session) |
| | 1-one hour quad (4 people) sessions | \$165 (\$41.25 pp) |
| | 6-one hour quad sessions | \$970 (\$161.67 per session) |
| Yoga Teacher Training Certification | Check ESSF course listings online at www.acs.utah.edu/prod/bin/student/scheduling?term=1088&dept=ESSF&classtype=g&cmd=creditClasses | |

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|  <p>Personal Training</p> | 1-one hour private session | \$55 |
| | 6-one hour private sessions | \$310 (\$51.67 per session) |
| | 1-one hour duet (2 people) sessions | \$85 (\$42.50 pp) |
| | 6-one hour duet sessions | \$490 (\$245 pp) |
| | 1-one hour trio (3 people) sessions | \$115 (\$38.33 pp) |
| | 6-one hour trio sessions | \$670 (\$223.33 pp) |
| | 1-one hour quad (4 people) sessions | \$155 (\$38.75 pp) |
| | 6-one hour quad sessions | \$930 (\$232.50 pp) |
| | Off Site (home clients) | Use above price schedule plus the following: \$10/hr. (travel expense) within 1-10 mile radius \$15/hr. for 11-15 mi. radius \$20/hr. within 16-20 mi. radius Greater distances are negotiable. |

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|  <p>Licensed Massage Therapy</p> | SERVICE | UNIVERSITY PRICING | NON-UNIVERSITY PRICING |
| | 1-one hour session (to be scheduled with therapist directly) | \$55 | \$65 |
| | 6-one hour private sessions | \$320 (\$53.33 per session) | \$380 (\$63.33 per session) |



Fitness Testing & Merchandise

| SERVICE | NON-UNIVERSITY PRICE | UNIVERSITY PRICE |
|--|-----------------------------|-------------------------|
| <i>Body Composition Testing</i> | | |
| Skinfold Caliper Test | \$15 | \$10 |
| Bod Pod | \$25 | \$20 |
| <i>Health & Fitness Testing</i> | | |
| Cholesterol/Glucose Test | \$40 | \$30 |
| General Fitness Testing | \$60 | \$50 |
| Submaximal Aerobic Fitness | \$40 | \$30 |
| Maximal Aerobic Fitness (VO2 max) | \$65 | \$50 |
| Anaerobic Power Test | \$25 | \$20 |
| <i>Miscellaneous Services and Products</i> | | |
| Pedometer | \$25 | \$25 |
| Yoga Mat | \$20 | \$20 |
| Pilates Mat | \$30 | \$30 |
| Stability Ball | \$20 | \$20 |
| Exertube | \$15 | \$15 |