



## Discounted Pricing for Boulder Nordic Club Members

### Sport Science Services – Prices Effective January 1, 2008 through December 31, 2008

- **Sponsored athletes must bring proof of group/team membership to appointment to receive discounts.**
- Physiology test prices include results consultation and explanation of your test results.

Physiology Assessments	Retail	Sponsored Price
Lactate Profile*	\$150	\$120
VO2max*	\$100	\$75
Lactate Profile and VO2max*	\$225	\$175
FUEL Test *	\$225	\$175
FUEL Test w/VO2 Max*	\$275	\$225
Anaerobic Power Assessment (Wingate Test)	\$60	\$40
Lactate Profile and Wingate Test	\$180	\$150
*12-Lead EKG during physiology test	\$65	\$65 (if necessary)
* For VO <sub>2</sub> max, Lactate Profile, and/or FUEL tests, a 12-Lead EKG is <b>mandatory</b> for men 45 years or older, women 55 years or older, or for people who have <b>two</b> or more significant risk factors for coronary heart disease (hypertension, family history, smoking, diabetes, high cholesterol, etc.). <b>The 12-Lead EKG will be recorded in our laboratory during your exercise test and read by our medical director.</b>		
Sports Nutrition Appointments	Retail	Sponsored Price
Nutrition Evaluation	\$150	\$120
• Includes 3-day analysis of your diet and a 45-minute consultation.		
Nutrition Consultation	\$100	\$80
• 1-hour consultation to teach you about your nutrition needs to help reach your goals.		
Nutrition Appointment Follow-up (45-Minutes)	\$60	\$50
Package of Three Nutrition Follow-up Visits	\$150	\$130
Body Composition Assessment (DEXA)	\$125	\$100
Body Composition Assessment (Skinfolds)	\$20	\$15
Resting Metabolic Rate with Consultation	\$100	\$80
Nutrition Evaluation & Resting Metabolic Rate w/Consult	\$175	\$125
Exercise Metabolic Rate with Consultations	\$125	\$100
Training Consultations	Retail	Sponsored Price
Training Consultations	\$100/hour	\$80/hour
• One-on-one sessions to review training logs, develop workout routines, review techniques, etc.		

### Biomechanics Assessments<sup>#</sup> and Bike Fits

Running Gait Analysis	\$300	\$250
3D Performance Bike Fit	\$300	\$250
Medical Bike Fit*	\$250	\$200
3D Medical Bike Fit*	\$425, \$550	\$375, \$500
- Additional Bike Fit	\$200 3D, \$100 non-3D	\$150 3D, \$75 non-3D
Biomechanics Follow-up	\$100/hour	\$80/hour
* Medical bike fits may also be part of a medical treatment plan. Please call (303) 441-2285 for more information. Any services that are billed to your insurance company are not eligible for any discounts.		

<sup>#</sup>Biomechanics evaluations are also available for specific movements such as golf swing, throwing (baseball and softball), tennis swing, and more. Call (303) 441-2285 for more information.

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**Supplemental Oxygen Training**

- The use of supplemental oxygen allows you to perform sea level intensity workouts. These are ideal for athletes travelling to sea level competitions or to stimulate new training stresses.

1-Hour Session

**Retail**

\$25

**Sponsored Price**

\$20

5 Sessions

\$100

\$90

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**Sports Massage**

30-Minute Session

\$40

\$35

45-Minute Session

\$55

\$50

60-Minute Session

\$70

\$65

Sports Massage Package (Three 60-Minute,  
Four 45-Minute, or Six 30-Minute Sessions)

\$200

\$180

- Note: Prices are subject to change.

To schedule an appointment call 303-441-2285 or email [sportscience@bch.org](mailto:sportscience@bch.org)

For Sports Massage Appointments call 303-544-5700

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