

The PEAK at OCCV

Perform Excel Aspire Know

Health and Fitness Assessment: \$65

Client receives a movement screen (using FMS system to determine corrective exercises to fix movement pattern dysfunctions), appropriate health and fitness guidelines and goals (aerobic capacity, muscular strength and endurance, flexibility, body composition, nutrition). ** Required for all new clients**

Exercise Routine Assessment: \$45

Client's personal exercise routine is evaluated considering all appropriate health and fitness factors, exercise form and technique, and correct progressions of exercises. Client history, progression since last assessment (if applicable) and client's goals are all considered for new exercise routine. This assessment may include a follow up FMS or body composition test.

Training Session: \$20/25

Client is closely monitored during each session and provided with appropriate exercises including intensity level and progression for each. Homework exercises, if necessary, are given for quicker results.

Group Training Assessment: \$15

The group training assessment is a modified health and fitness assessment to provide the trainer the minimal required guidelines to ensure appropriateness for each class participant.

Group Training Class: \$5

Classes include Parkinson's management, active adult, more to come (arthritis management, fall prevention).



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