

Service and price guide

Services to: Boost your health, wellbeing and performance

Our range of holistic health, wellbeing and performance services are designed to help you optimise your personal wellbeing.

General Nutrition Services

Individual consultation **\$79**

Includes a 45-minute nutrition consultation and 2 x BIA tests (optional) for a baseline and follow-up body composition measurement).

Group nutrition workshops **\$99 per hour**

Content tailored to your group's needs, cooking demonstrations available.*

Resource development **Price on request**

Content tailored to your needs.

Personalised Coaching

Individual gym programme **\$79**

1:1 gym training x 1 session **\$69**

1:1 gym training x 5 sessions **\$325 (\$65 per session)**

1:1 gym training x 10 sessions **\$590 (\$59 per session)**

2-5 people gym training x 1 session **\$75**

2-5 people gym training x 5 sessions **\$345 (\$69 per session)**

2-5 people gym training x 10 sessions **\$590 (\$59 per session)**

Fitness Testing

Individual baseline fitness testing **Price on request**

Group baseline fitness testing **Price on request**

**Price does not include food resources*

Services to: Understand your body composition

Bioimpedance analysis (BIA) is a non-invasive scanning tool for assessment of your body composition at a glance. It's an excellent tool for tracking body composition changes over time and we recommend a follow-up scan after 6-8 weeks of the initial scan.

The BIA identifies: segmental lean muscle mass and body fat; total body water; fat-free mass; body mass index (BMI); basal metabolic rate. This service also includes a short consultation to discuss the results.

Single scans **\$29**

Two scans **\$49**

Three scans **\$69**

Four scans **\$86**

Five scans **\$99**

Ten scans **\$185**

Mobility Action Programme

The Mobility Action Programme (MAP) is an eight-week programme designed to help osteoarthritis sufferers manage their condition. It's a combination of physical activity and education sessions covering a variety of topics including nutrition, pain science, sleep, medications and more.

Placement on the programme is limited to a maximum of 40 participants and based on referral by a specialist or a green prescription.

MAP is fully funded initiative which is free to all participants. It's conducted by The Zone at Ara Institute of Canterbury, in partnership with Sport Canterbury and The Canterbury Initiative (a branch of the Canterbury District Health Board).



Contact us to find out more about these services, or to make an appointment.
thezone@ara.ac.nz | 03 940 8653

ara.ac.nz/thezone

The Zone is Ara's state-of-the-art health, wellness and performance centre.

We offer a wide range of services for recreational and elite athletes, sports teams, corporate organisations, clinical groups and anyone who wants to enhance their health and wellbeing or maximise their performance.

Our services are provided by highly experienced, qualified coaches, within a state-of-the-art, custom-built sport and exercise science facility.

Use this guide to select the services you require, or talk with us about your goals - we're happy to provide advice on suitable services and programmes that will help you achieve your objectives.

A 15% discount applies to all services for Ara staff, their partners and students.



Services to: Maximise your sports performance

Our sports performance services are designed to provide individuals and teams with specific data, information and support to help optimise training and competition performance.

Physiology Lab Testing

Lactate threshold	\$129
VO2 max testing	\$139
Lactate and VO2 max testing combined	\$199
Peak power testing	\$99

Performance Fitness Testing

Includes timed sprinting, aerobic capacity tests (eg yoyo, beep and bronco), vertical jump, sit and reach, hand grip strength.

Individuals	\$79
Sports teams	\$199

GPS Performance Monitoring

There are two parts to this service: collating performance data (for example: maximum speed; total distance covered at different speeds) and athlete wellness monitoring (for example: stress levels; sleep; nutrition; soreness and RPE).

GPS performance monitoring	Price on request
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Sports Team Performance Package

This package can be made up of the sports performance services you require to maximise your team's performance. For example: performance field testing and/or physiology lab testing; GPS performance monitoring; sports performance nutrition and mental skills workshops; strength and conditioning coaching and programmes.

Sports team performance package	Price on request
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Personalised Coaching

Individual gym programme	\$79
1:1 gym training x 1 session	\$69
1:1 gym training x 5 sessions	\$325 (\$65 per session)
1:1 gym training x 10 sessions	\$590 (\$59 per session)
2-5 people gym training x 1 session	\$75
2-5 people gym training x 5 sessions	\$345 (\$69 per session)
2-5 people gym training x 10 sessions	\$590 (\$59 per session)
Team (up to 15 athletes) gym training session	\$120 per hour

Sports Performance Nutrition

We can provide nutrition recommendations that are specific to your sport and to your individual needs.

Individual consultation <i>Includes a 45-minute nutrition consultation and 2 x BIA tests (optional) for a baseline and follow-up body composition measurement).</i>	\$99
Group nutrition workshops <i>Content tailored to your group's needs, cooking demonstrations available*.</i>	\$99 per hour
Resource development <i>Content tailored to your needs.</i>	Price on request