

Service and price guide

Group workshops

For sports teams or groups interested in improving performance, health and wellbeing. Nutrition and mental skills workshops are available. Prices are per hour.

Basic	\$99 per hour
Comprehensive (includes cooking demonstration)	\$99 per hour plus food costs

Understanding your body composition

BIA analysis

A Bioimpedance Analysis (BIA) is a non-invasive scan that can assess 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 six to eight weeks after the initial scan.

Single scan	\$29
Two scans	\$49
Three scans	\$69
Four scans	\$86
Five scans	\$99
10 scans	\$185

Ara Sports and Recreation Services

Gym memberships

We have one, three, six and 12-month memberships available.

Strength and conditioning

We offer training programmes and sessions. Both one-on-one and group training is available.

Facility hire

Ara has a range of facilities for public hire, including an indoor sports court, fitness studio, labs and seminar rooms.

Group fitness classes

We offer yoga and boxing classes.

For details phone 021 289 8051 or email reccentre@ara.ac.nz

Mobility Action Plan (MAP)

The Mobility Action Plan (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 eating well, managing pain, sleep, medications and more.

Placement on the programme is limited to a maximum of 40 participants. MAP is a fully funded initiative which is free to all participants. It's conducted by The Zone in partnership with Sport Canterbury and the Canterbury District Health Board. For more information phone 03 373 5057.



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.

At the Zone we offer a wide range of services and tailored programmes for sports teams, schools, clinical groups and individuals. These services are designed to help you enhance your health and wellbeing and/or maximise your sports 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 contact us to discuss your requirements.

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



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.

Anaerobic lactate threshold testing

For recreational and elite cyclists, runners, rowers and kayakers (own erg is required). This test takes approximately one hour and requires blood samples to be taken. The analysis report includes five recommended heart rate training zones.

Basic (includes testing raw data only)	\$99
Comprehensive (includes analysis report)	\$129

Peak power testing

Measures peak and average power in relation to leg muscles executing high intensity sprinting (30 seconds). The test takes approximately 20 minutes and is performed on a cycle ergometer.

Basic (includes testing raw data only)	\$99
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Performance fitness testing

For sports teams wanting to assess fitness levels to guide training and monitor progress. Tests include: strength, aerobic capacity, flexibility, sprint or agility and core. Analysis report includes individual and team profiles. Prices are based on a maximum of 25 athletes testing for a maximum of two hours at The Zone.

Basic (includes testing raw data only)	\$199
Comprehensive (includes analysis report)	\$300

Boost your health and wellbeing

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

Nutrition consultations

For anyone looking to improve their health and wellbeing. This 45-minute consultation includes follow-up notes and email support.

Basic	\$79
Comprehensive (includes goal setting, recommendations and optional body scan)	\$129

Specific nutrition consultations

For anyone wanting to improve performance or needing specific guidance. This one-hour consultation includes goal setting and email support plus a three-day diary analysis, one-week meal plan, follow-up consultation and an optional body scan.

Comprehensive	\$199
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Add-ons

These can include a follow-up consultation or a supermarket tour.

Basic	\$50
Comprehensive (includes written follow-up notes)	\$70