

| | Services | Price | Period | Description |
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| Biomechanical Assessments & Biometric Testing | | | | |
| Analysis | Swim Analysis | \$95 | 1 analysis | Underwater and above water video assessment of your technical swim mechanics. |
| | Cycling Analysis | \$95 | 1 analysis | Our analysis includes a six-minute testing protocol to determine pedal stroke efficiency |
| | Run Gait Analysis | \$95 | 1 analysis | Using video, we assess the way you walk and run to determine any abnormalities in biomechanics. |
| | Performance Analysis Package | \$225 | 3 analyses | Includes all three components: swim, cycle and run analyses. |
| | Bike Fitting | \$200 | 1-3 hours | OptumHealth Performance is proud to offer the bike fitting services of coach jonnyj who has over 20 years of experience in the multisport industry including mountain, road and triathlon training and racing. With a goal to maximize power, efficiency and comfort, your bike fitting includes all necessary adjustments, modifications and follow up visits as needed. Your bike fitting will take between 1-3 hours. |
| | High Intensity Training (HIT) | \$15 | 1 session | High Intensity Training is a program utilizing the wattage or power on the bike and the CompuTrainer system. Athletes test utilizing a gender specific ramp protocol. For three consecutive weeks following the test, the athlete will execute a prescribed interval workout. HIT training can increase cycling power and endurance. |
| Testing | Lactate Test | \$125 | 1 test | Provides a profile of aerobic and anaerobic conditioning levels. |
| | VO2max Test | \$125 | 1 test | A maximal exertion test to determine heart rate zones, anaerobic threshold, and maximum oxygen consumption. Testing mask is required. |
| | Resting Metabolic Rate (RMR) Test | \$75 | 1 test | Determines actual caloric requirements needed per day. Testing mask is required. |
| | Metabolic Profile Package | \$175 | 2 tests | Includes VO2max and RMR tests. Provides comprehensive metabolic profile. Testing mask is required. |
| | Testing Mask | \$25 | 1 mask | Testing mask is required for first VO2max or RMR test. Client retains for future tests. |
| Coaching Packages | | | | |
| Coaching | Optum I Coaching Plan | \$99 | 1 month | Get the support you need to reach your fitness goals. This coaching plan is for clients who are looking to start a fitness program or athletes looking for guidance and structure around their current training plan. Our expert coaches will evaluate your fitness level and goals and craft a personalized plan that incorporates the proper amount of stress and rest so you progress in a safe and effective manner. Your comprehensive plan will include a variety of components (aerobic, strength, flexibility, etc) that will maximize your training time and can be done anytime, anywhere. Your coach will utilize several different methods to measure your training intensity (heart rate, perceived exertion, pace, etc) but metabolic testing and technique analysis (purchased separately) are encouraged so that your coach is armed with the right information to fully personalize your program and accurately track your progress. One client initiated phone call/month is included to discuss program details and to answer any questions you may have. Your plan will be distributed in 4 week training blocks. |
| | Optum II Coaching Plan | \$149 | 1 month | Get the most efficient and effective route to achieving your fitness goals. This plan is for performance-oriented clients who may be participating in events and/or have specific fitness goals. Your coach will create a comprehensive custom plan that incorporates all components of fitness (aerobic, strength, flexibility, etc) that will maximize your training time and can be done anytime, anywhere. Your coach will then monitor and expertly manipulate training variables and methods of measuring intensity so that you become stronger faster, while avoiding overtraining. This coaching plan allows for unlimited client initiated coach contact and plan adjustments to account for business travel, schedule changes, etc. We highly encourage metabolic testing and technique analysis so your coach is armed with the right information to fully personalize your program and accurately track your progress. A 20% discount on testing services is included in this plan. Programs are closely monitored and are written in 1-2 week blocks to account for your schedule and to allow for precision adaptation. |
| | Coaching Startup Fee | \$75 | 1 time | Fee for new clients and prior clients that have terminated coaching services; applicable to the coaching programs listed above. |
| | One-on-One Coaching Session | \$75 | 1 hour | Individual session with your coach. |
| | Performance Packages - Add to Coaching Packages | | | |
| | Optimize Package | \$50 | 1 month | Two metabolic tests and four functional analysis (swim, bike or run) per year. |
| | Optimal Package | \$150 | 1 month | Two metabolic tests, four functional analysis (swim, bike or run) per year plus two one-hour personal coaching sessions. Sessions can be a consultation or training session. |
| Sports Psychology | | | | |
| Psychology | Sport Psychology Personal Session | \$150 | 1 hour | Many athletes believe through well planned training and hard work, they will achieve their performance goals. Too frequently, they are challenged with a mental barrier and find they don't have the skills to overcome it. Sport psychology teaches athletes to prepare for these challenges and develop mental strategies to successfully overcome these difficulties on a daily basis as well as during those important competitions. |
| | Sport Psychology Small Group Session | \$80 per person | 1 hour | In a small group setting (up to 5) learn how to overcome the mental barriers to maximize your performance goals. |
| Nutrition | | | | |
| Nutrition | Sports Nutrition Assessment and Consulting | \$150 | 1 hour | Meet with a registered dietitian to discuss specific nutrition and training concerns, weight, body composition, performance and general health and wellness goals. The dietitian will analyze your three-day food intake and exercise logs to identify deficiencies, excesses and supplement recommendations; and then design a personalized meal plan to help you meet your goals. |
| | Sports Nutrition 7 Day Meal Plan | \$150 | 7 day | Ideal for the athlete looking to simplify their eating strategies. Seven days of personalized menus that will include meals and snacks customized to your specific energy requirements to provide you with consistent energy throughout the day. A substitution list will also be provided, so combining food options into meals becomes quick and easy. |

| Training | | | | |
|------------------------|--|-------|---------------------|--|
| Passes | Daily Access Pass | \$15 | 1 day | The perfect pass to experience our center for the day or for weekend visits. Visitors can use the treadmills, functional equipment, and access the pool at the Performance Center. Does not include classes, CompuTrainer or AlterG. |
| | Eight Class Punch Card | \$110 | 8 classes | One punch per class, two punches for Saturday's four-hour ride, does not include Masters Swim classes. |
| | All Access Pass | \$150 | 1 month unlimited | All Access Pass includes: Unlimited group classes and masters swim sessions, full access to the facility and equipment during business hours, preferred access to testing and massage services, 20% off select merchandise and 25% off event entry fees and VIP perks at events. |
| | All Access Pass for Coached Clients | \$135 | 1 month unlimited | |
| | All Access Pass (6 months) | \$135 | 6 months unlimited | |
| | All Access Pass (12 months) | \$99 | 12 months unlimited | |
| | All Access Pass Start Up Fee | \$50 | 1 time | Fee for new pass holders and prior pass holders that have terminated their pass; applicable to the All Access Pass options listed above. |
| | Masters Swim Unlimited Pass | \$40 | 1 month unlimited | Experienced coaches lead this swimming group focused on improving technique, endurance and speed in competitive swim strokes. All levels of swimmers are welcome. |
| | Masters Swim | \$10 | 1 class | |
| | Private Swim Lessons | \$75 | 1 hour | One on one coaching session with renowned swim coach, Tim Walton. Tim will help you focus on technique and form to improve overall performance. |
| Classes | OHP/TCMC Group Run - Lake Harriet Bandshell | FREE | 3 hours | This is a partner run with the Twin Cities Multisports Club (TCMC). The group meets at the Lake Harriet Bandshell, 4135 West Lake Harriet Parkway, Mpls, MN 55419. Please arrive a little early if you can. The group usually splits up into faster and slower sections, and you have the option of running as short or as long as you wish. It's a fun group run and there are always some experienced runners to ask questions and learn from. |
| | Recovery Yoga | \$15 | 1 hour | Designed to enhance recovery after a hard week of training. This class will help reduce fatigue and have you prepared for the week ahead. |
| | Outdoor Run Development | \$15 | 2 hours | This class will provide running speed and power development, utilizing the outdoor terrain around the training center. The focus is to develop run specific strength and faster movement patterns to increase overall running speed, strength, and aid in injury prevention. We will be using running drills, plyometrics, speed work, and some Coach Jonny specials. Trail shoes would be best, but any running shoes will work. Weather dependent appropriate running attire, water bottle, and lots of enthusiasm. |
| | Brick Spin | \$15 | 2 hours | This bike/run combo helps to promote and develop the skills and adaptations involved in triathlon. This is a two hour, high intensity class, so come ready for a challenge. Please arrive at least 15 minutes before class to allow for set up. State of the art Kinetic by Kurt cycling trainers will be provided. Participants are required to purchase a trainer skewer. We offer skewers and hydration supplements for purchase in our retail store. Please bring your bike and your running shoes to class. |
| | Functional Strength Training | \$15 | 1.5 hours | This advanced class focuses on the fitness demands required by swimmers, runners and cyclists. We'll challenge your core strength, balance, agility, power and speed, moving through all planes of motion. Prevent injury and develop specific strength to give you that performance edge you are looking for. |
| | Hill Fitness Outdoor Ride - Cedar Manor Elementary School/French Academy of MN | FREE | 3.5 hours | This ride is specifically designed to improve hill climbing strength and skill, as well as increase your overall fitness base. The ride is approximately 55-60 miles round trip. No need to worry about not being fast enough, because we ride to our destination hill as a group at a base pace so no one gets left behind. Once at the hill it's all at your own pace so everyone gets to work to their ability level, then we regroup and ride back home together as a group, so again, no drop. Note: The ride starts at Cedar Manor Elementary School/French Academy of MN, 9400 Cedar Lake Rd., St. Louis Park, MN 55426 and leaves at 5:30pm sharp (so we don't run out of daylight). Bring your bike, bike shoes, helmet and hydration, spare tube and tire changing supplies, etc, just like any outdoor ride. We also suggest bringing a few dollars in case we need to stop at and resupply our fuel. |
| | Outdoor Swim - Lake Calhoun (Starts June 14) | \$5 | 3 hours | This class focuses on open water swim technique, buoy navigation and race tips to help take your swim to the next level. On the water lifeguards provided for safety. Onsite registration welcome. Classes held June 14 - Aug. 30. |
| | Base Endurance Outdoor Rides | FREE | 4 or 6 hours | The Saturday spin class has moved outside and is now a 4 to 6 hour base ride. The group will split into two groups, one faster/one slower, so good for all ability levels. The slower group will be no drop, so no one gets left behind. Bring all appropriate gear, nutrition and supplies for a long, fun ride. It's a good idea to bring a little cash as well in case we run out of fuel. We will leave from the training center at 7:30 sharp, rain or shine (the center will also be open for indoor spinning if you would prefer). The routes will change from week to week at the discretion of the ride leader. Please be aware, if you decide to stop early you will be on your own for the return trip. |
| Treatment and Recovery | | | | |
| Treatment | AlterG Anti-Gravity Treadmill | \$15 | 15 minutes | AlterG's performance treadmill is a highly effective athletic conditioning tool for both recreational and competitive athletes that allows the user to train longer, run faster, gain additional strength, and enhance cardiovascular performance while minimizing impact and stress on their joints. |
| | Sports Massage | \$60 | 1 hour | Gain increased functionality during training, prepare for optimal performance and recover faster. Not only will sports massage help the body to relax, it can also correct gait issues and muscular imbalances, increase range of motion, and elongate muscles. Our licensed massage therapists will take time to understand your needs and focus on addressing those areas. |