



## **Nutrition Options**

Dietary Analysis and Nutrition Planning	\$85.00
Specific Nutrient Analysis and Dietary Planning	\$200.00
Follow up sessions (30 min each)	\$40.00/session

## **Nutrition Product**

Water	\$1.25
Gatorade	\$2.00
Protein Bars and Supplements	

**\*Prices and selection varies, please see front desk**

## **Equipment**

Cando Band	\$4.95/meter
Swiss Ball – 45 cm	\$39.99
Swiss Ball – 55 cm	\$39.99
Swiss Ball – 65 cm	\$49.95
Foam Roller	\$45.99

**\*Additional equipment available by order**

## **The Stick “self massage” tool**

Marathon Stick	\$50.00
Body Stick	\$62.00
Trigger Wheel	\$32.00
Posture Curve	\$45.00

## **Performance Institute Merchandise**

Firststar® Performance Apparel  
Shirts, Shorts, Hats and Hoodies

**\*Prices and selection varies, please see front desk**

Prices are subject to change and do not include HST (12%).