

# **GET IN YOUR ZONE...**

**with**

## **METABOLIC FITNESS TESTING**

**Using state-of-the-art equipment our  
Exercise Physiologists determine the  
optimal training intensity to maximize  
your performance and fitness**

**Maximal Oxygen Consumption ( $VO_{2max}$ )**

**Body Composition (Bod Pod)**



**Visit us at [jbpierce.org](http://jbpierce.org)  
& Metabolic Fitness Testing on Facebook  
Schedule an appointment:  
203-562-9901 ext 248**

# Individual Performance Tests

**VO<sub>2</sub>max on Bike or Treadmill**

**\$150**

**Body Composition (% fat versus lean; Bod Pod)**

**\$75**



## Performance Packages

**The Runner**

**\$200**

- VO<sub>2</sub>max on treadmill
- Body Composition (Bod Pod)

**The Cyclist**

**\$200**

- VO<sub>2</sub>max on bike
- Body Composition (Bod Pod)

**The Triathlete**

**\$350**

- VO<sub>2</sub>max on treadmill AND bike (tests done on separate days)
- Body Composition (Bod Pod)

**Add Consultation with exercise physiologist**

**\$75**

\*\*\*20% off repeat testing within 16-weeks\*\*\*

*The John B. Pierce Laboratory is a nonprofit, independent research institute, founded in 1933 and affiliated with Yale University. We are located adjacent to the Yale Medical School Campus at 290 Congress Avenue, New Haven, CT.*

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