

World-class, certified professionals:



Angela Muzic
Pilates Specialist
Fitness and Dance Coach
Extensive Physical Therapy Background
Group Fitness Professional



Mandy Owens
Certified Strength and Condition Coach
NSCA
BS Degree in Kinesiology
Extensive Physical Therapy Background



Ellen Miller
Two-time Mt. Everest Summiteer
Outdoor Cardio Coach
Snowshoe and Hiking Guide



Miles Gentry NSCA
B.S. Exercise Physiology
SSVC Coach
Strength and Conditioning Expert



Inigo San Millan Ph.D.
Ph.D. Exercise Physiology
Head Researcher CU Anschutz
Health and Wellness Center

Nicholas Edwards M.S.
M.S. Exercise Physiology
Assistant Researcher CU Anschutz
Health and Wellness Center



VAIL ATHLETIC CLUB



Anschutz Health and Wellness Center
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



VITALITY CENTER
VAIL MOUNTAIN LODGE



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HUMAN PERFORMANCE

"Discover how to optimize the life you were given"

Unequaled, Lifelong Results.
Lab tested. Athlete proven.



Sports Performance Package

Now the scientific training methods of the world's best athletes are available to you! This one stop, comprehensive program looks at the cellular level of the individual's' athletic performance and needs. In the package you will receive an initial full Physiological Test and Metabolic Assessment. Tailored to your specific athletic needs and individual data, we will develop a full Training Plan, Strength and Conditioning Plan and nutritional guidelines based on your physiologic adaptations.

\$1700.00 (Single Test)

\$5000.00 (3 Month Program)**

Includes 20 Private Strength and Conditioning sessions and 20% discount on VAC membership (\$80/mo.)

\$7000.00 (Annual Program)***

Includes 30 Private Strength and Conditioning Sessions and a 1 year membership to VAC

Vitality Performance Package

You may not be a competitive athlete, but simply looking to change your overall wellbeing and vitality. No matter your age or strengths, maximize your results today through this customized regimen based on your physiologic and metabolic needs. We'll devise a science-based plan to ensure proper zone training and personalized nutrition guidelines. Establishing a sustainable model for lifestyle change includes a full Physiologic Test, Blood Analysis and Training Plan.

\$1500.00 (Single Test)

\$4000.00 (3 Month Program) **

Includes 20 Private Strength and Conditioning sessions and 20% discount on VAC membership (\$80/mo.)

\$6000.00 (Annual Program)***

Includes 30 Private Strength and Conditioning Sessions and a 1 year membership to VAC

Vitality Season Package

Experience dramatic improvements with this cutting-edge approach for sports performance. Regardless of your current level of athleticism, this package will give you all the tools to bring you closer to your goals. This program uses your test results to improve athletic performance with monthly personalized coaching and a detailed plan for the entire season!

- Two Comprehensive Full Physiological Tests
- Monthly one on one coaching programs and consultations
- Two blood analyses to monitor overtraining and fatigue
- Nutritional consultations to support training and recovery
- In season/off season strength and conditioning programs and five one-on-one sessions

\$3780.00

\$315.00 per month

Includes 20% discount on VAC membership (\$80/mo.)

** 3 month programs include:

- Two Comprehensive Full Physiological Tests
- Two blood analysis to monitor overtraining and fatigue
- 1 Nutritional consultation to support training
- In season/ off season strength and conditioning program

*** Annual programs include:

- Three Comprehensive Full Physiological Tests
- Three blood analysis to monitor overtraining and fatigue
- 2 Nutritional consultation to support training
- In season/ off season strength and conditioning program

Team Packages

Packages will be designed specific to exercise groups, business groups and athletic team needs. Call to ask more regarding all of our team services.

Vitality Testing and Services

Tests

- Lactate Clearance and Threshold
- Fat and carbohydrate metabolism
- Performance blood analysis
- Strength, speed and movement
- VO2 max

Services

- Individualized training plan development
- Sports nutrition
- Race day hydration and fueling programs
- Sport specific coaching
- Strength and conditioning
- Combine training
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