

Service and price guide 2022





Welcome to The Zone

The Zone's health, wellbeing and sports performance services have the power to transform lives!

Based in purpose-built facilities at Ara's City campus in Christchurch, we offer a wide range of customisable programmes to athletes of all levels, community groups and organisations, and any individual invested in optimising their health, wellbeing and physical activity status.

Talk with us about your goals - we're happy to provide advice on suitable services and programmes that will help you achieve your objectives.

Tōku Hauora - My Wellbeing

At The Zone we provide a range of health, wellbeing and physical activity programmes and services for individuals and groups to achieve optimal health and wellbeing. Delivery location is flexible.

Body Composition Analysis

Body Composition Analysis scans are an effective way to assess what you're made of on the inside (e.g. muscle mass, body fat, visceral fat, biological age), and to gauge if you're on track with your fitness and health goals. The test takes less than a minute and is non-invasive - all you need to do is stand on our machine in light clothing (there's no poking, prodding or pinching). After the initial test, you can have follow-up tests to assess changes and progress.

Location: O Block

Initial consultation 30 minutes **\$35**
Follow-up scan 15 minutes **\$20**

Cardiac Rehabilitation Support Programme

The purpose of the Cardiac Rehabilitation Support Programme is to assist individuals who have experienced a cardiac event and are aiming to return to recreational exercise and/or sport with confidence. The programme services include: physical activity assessment(s), exercise prescription; nutrition and health and wellbeing consultation. Consultation with the clients medical specialist(s) is conducted prior to the start of the programme, which is conducted by experienced exercise science specialists.



Nutrition Clinic

Eating well, exercising regularly and looking after yourself are key to feeling good and living a long and healthy life. At our Nutrition Clinic, our qualified, experienced and supportive staff provide a range of services to help you create a healthy lifestyle.

Nutrition Clinic services

Initial consultation	1 hour	\$130
Follow-up consultation	30 mins	\$50
Follow-up consultation	15 mins	\$25
Supermarket tour	30 mins	\$50
Home visit (label reading, meal plan, shopping lists)	1.5 hour	\$170
Home visit (cooking)	1 hour	\$120
Tertiary student consultation	45 mins	\$35
Body composition scan	10 mins	\$29

We offer a range of packages.

For more information please see the website.

Live Well package	\$510
Eat Well package	\$350
Kick Start package	\$210

Sports performance

At The Zone's purpose-built sports and exercise facilities, qualified and experienced specialists can provide sports performance services for sports teams, secondary schools and endurance athletes.

Secondary School Fitness Testing Programme

A hands-on way for Year 10-13 students to learn about physical performance testing. Can be tailored to meet NCEA objectives or specific sports fitness testing requirements.

Youth Physical Development Programme

Is aimed at improving young people's physical literacy, confidence, and competence, to support lifelong participation in sport and physical activity. In turn, the individual gains an understanding about the benefits of training and encourages the development of intrinsic motivation behaviour patterns, which is closely linked to positive well-being and resilience. The programme can be customised to include: performance testing; strength and conditioning coaching; performance nutrition; mental skills and multi-sport development. Pricing available on request.

Move Well Coaching

The aim of this coaching is to help individuals master the key functional movements performed in everyday life situations. This supports occupational health, and maximises training, sports performance and/or lifelong participation in physical activity.

Move well - start-up package

\$159

Includes:

- Consultation (10-15 mins) by phone or at The Zone
- Functional Movement Screen (60 mins). Assesses a range of key functional movement patterns
- Individual Move Well programme development and demonstration. Can be developed for gym and/or home-based training

Session packages:		1 session	5 sessions	10 sessions
Individual 1:1	45 mins	\$55	\$250	\$450
Individual 1:1	60 mins	\$75	\$350	\$650
Partner training (2 people max)	45 mins	\$100	\$450	\$800
Partner training (2 people max)	60 mins	\$140	\$650	\$1200

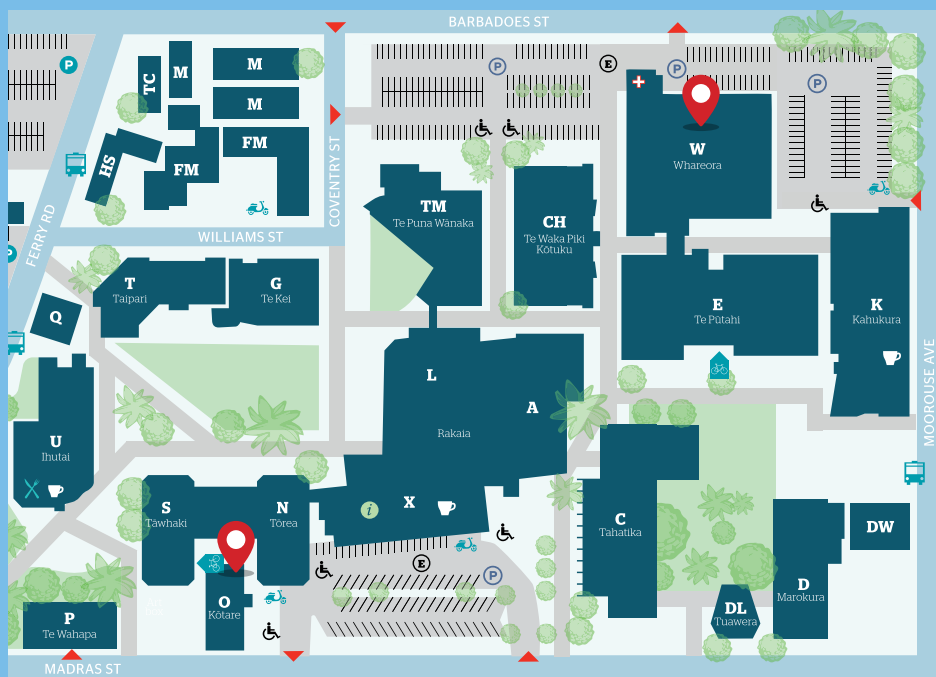
Anaerobic Lactate Threshold Testing

Testing and analysis reports are available for endurance athletes (including multi-sporters or individual cyclists, runners, kayakers, rowers) to ensure your training plans are developed with accuracy.

Report (includes five training heart rate zones, to use as guidelines for prescribing training sessions)

\$150





Please note: Ara's car parks are typically full during peak course times (Monday to Friday 9am - 3.30pm), a small charge is required for parking. Please allow 10-20 minutes to find a nearby park if all of Ara's car parks are full.

The Zone is located in W219 (2nd floor), W Block (Whareora).
Body composition scans are located in O Block, Madras Street.

To find out more:

ara.ac.nz/thezone | thezone@ara.ac.nz | 0800 24 24 76