



For additional information:

Call: (408) 676-7430 or (650) 260-4743, or you can email us at: office@revolutionsinfitness.com

[Business hours and locations](#)

SERVICES & RATES

Bike Fit Services

- Biodynamic Bike Fit, featuring Retül 3D Bike Fit System* (2 hours)
\$165/hr (\$185/hr for Curtis, owner of Revolutions in Fitness)

STANDARD / RECOMMENDED

Rate includes:

- ✓ Complete on/off-bike evaluation
- ✓ Comprehensive bike fit
- ✓ Exercise plan to help client accomplish fitness & on-bike performance objectives

* Use of Retül system optional, based on client needs and objectives

- Quick Bike Fit (1 hour) – **AVAILABLE WITH PRE-APPROVAL/AS ADVISED**
- Bike Fit Follow-Up Appointments (1 hour)
- Size Fit (1 hour)

* Premium Services available (see below)

Physical Therapy & Efficiency Evaluation

- Physical Therapy and Efficiency Evaluations are based on client needs and objectives \$165/hr (\$185/hr for Curtis, owner of Revolutions in Fitness)

* Premium Services available (see below)

Personal Training

- Personal Training is based on client needs and objectives; starting at \$85/hr.



Revolutions In Fitness

empowering human potential

SERVICES & RATES

Orthotics

Orthotics: Full- and Semi-Custom by eSoles®

- Full-Custom – ePro™
\$300 (normal business hours only)
Rate includes:
 - ✓ Orthotic fitting session (30 minutes)
 - ✓ One pair ePro™ full-custom orthotics (2nd pair 20% off \$265.00 base cost)
 - ✓ Tax and shipping
- Semi-Custom - eFit®
\$65.00 (normal business hours only)
Rate includes:
 - ✓ Foot evaluation/orthotic fitting (no extra charge if performed during a physical therapy or bicycling evaluation session)
 - ✓ One pair eFit® semi-custom orthotics (\$65.00/pair)
 - ✓ Tax and shipping

D2 Custom Cycling Shoes

\$92.50 (Normal business hours: priority scheduling available)

- Rate includes:
- ✓ Fitting appointment only (30 minutes)**

** Client purchases shoes directly with D2 Shoe using dimensions identified during fitting appointment (visit www.D2shoe.com for ordering, available options and pricing)

Coaching (monthly; invoiced quarterly)

\$400.00/month (by special arrangement)

*Premium Services

We offer a host of services for our clients' convenience:

- Priority scheduling:
 - ✓ Provides client access to after-hours appointments
 - ✓ Reduced appointment wait times
 - * Available by special arrangement only; an additional 35% upcharge applies to normal rates
- Home Visits:
 - ✓ Available by special arrangement
 - * An additional \$100, plus travel charges apply