

ALIGNED FITNESS

Rates & Offerings

Initial Intake Session

\$195 (1.5 hours)

Session includes initial intake - posture photos - functional testing & gait analysis - customized corrective exercise sequence with detailed descriptions and videos.

Postural Alignment Session (with Lisa Decker):

\$135 (50-60 min session)

Postural Alignment Session (with Mark Thibert):

\$95 (50-60 min session)

Foundation Training / Chi Running / Private Qigong Sessions

\$135 (50-60 min session)

Postural Menu Review (with Mark Thibert)

\$50 (30 min. session)

Qigong Classes

\$38 for access to subscription based platform and Thursday class