

# **ALIGNED FITNESS**

## **Rates & Offerings**

### **Initial Intake Session (with Lisa Decker)**

\$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)

### **Initial Intake Session (with Mark Thibert)**

\$150 (1.5 hours)

### **Postural Alignment Session (with Mark Thibert):**

\$120 (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 live Thursday class