



Aligned Fitness  
**Play At the Park**



**Do you want to get in shape with adequate attention to proper alignment and function?  
Join us for a safe yet challenging workout!**

**Mondays: 11:30-12:30 at Hogue Park (*White Oaks/Bascom in San Jose*)**

**Wednesdays: 10:30-11:30 at Balzer Park (*University/Miles in Los Gatos*)**

**TYPICAL WORKOUTS INCLUDE:**

- Alignment based joint looseners and warm-ups
- Agility and cardio circuits
- Strength training with attention to alignment and form
  - Foundation Training exercises
  - Egoscue & Patch exercises & stretches
  - NASM stability and strength protocols
  - Core and balance work
  - Postural realignment sequences

***Please contact [lisabethdecker@gmail.com](mailto:lisabethdecker@gmail.com) for more information***