

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 Sessions (with Lisa Decker):

\$150 (50-60 min session)

Initial Intake Session (with Mark Thibert)

\$175 (1.5 hours)

Postural Alignment Sessions (with Mark Thibert):

\$119 (50-60 min session)

Foundation Training / Chi Running / Private Qigong Sessions

\$140 (50-60 min session)

Postural Menu Review (with Mark Thibert)

\$50 (30 min. session)

Qigong Classes

\$38/month for access to subscription based-platform