

ALIGNED FITNESS

Rates & Offerings

Initial Intake Session (with Lisa Decker)

\$195 (1.5 hours)

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

Postural Alignment Session (with Lisa Decker):

\$150 (50-60 min session)

5-Pack Series of Postural Alignment Sessions (with Lisa Decker):

\$695 (\$139 per session)

Play in the Park Group Fitness Training (with Lisa Decker):

\$280/month (\$35 per session)

Private Qigong Sessions (with Lisa Decker)

\$140 (50-60 min session)

Online Weekly Qigong Classes

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

Initial Intake Session (with Mark Thibert)

\$175 (1.5 hours)

Postural Alignment Sessions (with Mark Thibert):

\$119 (50-60 min session)

Postural Menu Review (with Mark Thibert)

\$50 (30 min. session)