PLAY AT THE PARK

Do you want to get in shape with attention to optimal alignment and form?

Join us for a safe yet challenging workout.
Have fun exploring your body through movement!

TYPICAL WORKOUTS INCLUDE:

- Joint mobility warm-ups
- Cardio circuits and agility drills
- Full body strength training
- Functional biomechanics training
- Core and balance practices.

CURRENT CLASSES

Mondays: 11:30am-12:30pm
Wednesdays: 10:30am - 11:30am
Price $280/month (2x/week)
Classes meet at Hogue Park in San Jose

*Contact lisabethdecker@gmail.com to join a **FREE** trial class*
or visit my website at www.alignedfit.com for more information