# ALIGNED FITNESS
## Rates & Offerings

**Initial Intake Session (with Lisa Decker)**
$225 (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.

**5-Pack Series of Postural Alignment Sessions (with Lisa Decker):**
$750 ($150 per 50-minute session)

**Single Postural Alignment Session (with Lisa Decker):**
$175 (50-minute session)

**Play in the Park Group Fitness Training (with Lisa Decker):**
$280/month ($35 per session)

**Private Qigong or Coaching Sessions (with Lisa Decker)**
$150 (50-minute session)

**Online Weekly Qigong Classes (with Lisa Decker)**
$38/month for access to subscription-based platform
*(See services/Qigong)*

**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)