

# ALIGNED FITNESS

## Rates & Offerings

### PRIVATE POSTURAL THERAPY & FOUNDATION TRAINING RATES:

- Initial Postural Alignment Session:  
\$150 (1.5 hours)  
*Session includes initial intake questionnaire - customized corrective exercise sequence with detailed descriptions and videos - posture photos - functional testing & gait analysis*
- Postural Alignment Session (with Lisa Decker):  
\$120 (50-60 min session)
- Postural Alignment Session (with Mark Thibert):  
\$95 (50-60 min session)
- Foundation Training Session:  
\$120 (50-60 min session)
- Foundation Training & Postural Therapy Classes  
\$35 (*\$10 discount for JCC members*) (45 min class)
- Postural Menu Review  
\$50 (30 min. session)