

NEWSLETTER

SEPTEMBER 2026 | (563) 207-8932

NEW CLASSES AND INSTRUCTORS

Welcome to Angel Kelly and Maggie Nelson, two new instructors joining us to teach small-group fitness classes!

Learn more about Angel and Maggie:

<https://www.stateraintegrated.com/providers>

View our schedule and learn more about our classes:

<https://www.stateraintegrated.com/fitness-pilates>

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Statera has been a part of my life since its inception. They have never disappointed. Qualified instructors are always eager to be helpful and meet individual need-- from "newbies" to experts, often in the same class!"



STRONG SEPTEMBER CHALLENGE

Join us this September for a month-long wellness challenge designed to help you build simple, sustainable habits that support your overall health and well-being. Participants will receive a daily habit tracker, access to a private Facebook group for encouragement, accountability, and weekly education, plus practical tips to help make healthy habits stick. Whether you're just getting started or looking to reset your routine, this challenge is open to everyone!



- Family Practice
- Functional Medicine
- Hormone Replacement Therapy
- Mental Health
- Health Coaching
- Personal Training
- Fitness & Pilates
- Chiropractic
- Physical Therapy
- Dry Needling
- Acupuncture
- Reflexology
- Massage Therapy
- Reiki, Sound Healing
- Esthetics



UPCOMING WORKSHOPS & EVENTS

Strong September Challenge, starting 9/1, Free, with Allie Saunders

Foundations for Bone Health, 9/12, 9:00 am - Noon, \$79, with Allie Saunders, Amy McFadden, and Malia Ridgway

No Limb-Its Amputee Social & Support Gatherings, 9/14, 4:00-5:30 pm, Free, with Amy McFadden

Diabetes Prevention & Management Program, starting 9/17, 5:30-7:30 pm, \$299 (Two members of the same household can register for buy one, get one half price), with Allie Saunders

Building Your Intuition, 10/5, 5:30-7:30 pm, \$30, with Julie Haufe

Making Peace with What I Can't Control, Fridays starting 10/9, 10-11 am, \$40 for materials, with Nicole Hutchison

Cycle Syncing, 10/10, 9:00 am - Noon, \$75 or bring a friend: 2 for \$110, with Allie Saunders, Amber Horsley, and Lori Ballew



September 2026



Equipment-Based Pilates (EBP)*, Mat Pilates, & Antigravity®				Strength, TRX, Mat Pilates, Oov, Healthy Aging, Yoga, & Meditation		
MON	8:00-8:50 am	Multi-level EBP	Malia	8:30-9:20 am	Strength + Stability	Allie
	9:00-9:50 am	Level 2 EBP	Malia	9:30-10:20 am	Mobility + Recovery	Allie
	4:30-5:20 pm	Level 1 / 2 EBP	Malia	12:00-12:50 pm	Arms + Glutes	Allie
	4:30-5:20 pm	Mat Pilates Blend	Shannon	4:30-5:20 pm	Mat Pilates Blend	Shannon
	5:00-5:50 pm	Pilates Flow	Angel	5:00-5:50 pm	Pilates Flow (beg. 9/21)	Angel
	5:30-6:20 pm	Level 1 EBP	Shannon/Lauren			
TUES	7:30-8:20 am	Multi-level EBP	Sue	9:00-9:50 am	Cardio+Strength+Yoga	Tobey
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey
	10:00-10:50 am	Level 1 EBP	Sue	5:00-5:50 pm	Pilates Tone & Sculpt	Angel
	11:00-11:50 am	60+ Restorative EBP	Malia			
	4:30-5:20 pm	Multi-level EBP	Malia			
	5:00-5:50 pm	Pilates Tone & Sculpt	Angel			
WED	5:30-6:20 pm	Antigravity	Malia			
	8:00-8:50 am	Pilates Fitness	Malia	8:30-9:20 am	Strength + Stability	Allie
	9:00-9:50 am	Pilates Fitness	Malia	9:30-10:20 am	Mobility + Recovery	Allie
	4:00-4:50 pm	Bone Health EBP	Malia	12:00-12:50 pm	Core + Conditioning	Allie
THURS	5:00-5:50 pm	Pilates Fitness	Malia			
	7:30-8:20 am	Multi-level EBP	Sue	9:00-9:50 am	Cardio+Strength+Yoga	Tobey
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey
	10:00-10:50 am	Level 1 EBP	Sue	5:00-5:50 pm	Pilates Sculpt & Flow	Angel
	4:30-5:20 pm	Multi-level EBP	Shannon/Lauren			
	5:00-5:50 pm	Pilates Sculpt & Flow	Angel			
FRI	5:30-6:20 pm	Level 1 EBP	Shannon/Lauren			
	9:00-9:50 am	Chair EBP	Malia	8:00-8:50 am	TRX	Allie
SAT	11:00-11:50 am	60+ Restorative EBP	Malia	9:00-9:50 am	Breath, Mindfulness, Meditation	Nicole
				10:00-10:50 am	Oov	Malia
	7:30-8:20 am	Multi-level EBP	Malia	9:00-9:50 am	Pilates Build & Burn	Maggie
	8:30-9:20 am	Active Aging EBP	Malia	10:00-10:50 am	Pilates Props	Maggie
	9:00-9:50 am	Pilates Build & Burn	Maggie			
	9:30-10:20 am	Multi-level EBP	Malia			
PRICING	10:00-10:50 am	Pilates Props	Maggie			
	10:30-11:20 am	Multi-level EBP	Malia			
	Drop In: \$28			Drop In: \$16		
	10-Pass: \$252 (\$25.20 ea)			10-Pass: \$150 (\$15.00 ea)		
	20-Pass: \$476 (\$23.80 ea)			20-Pass: \$280 (\$14.00 ea)		
	30-Pass: \$672 (\$22.40 ea)			30-Pass: \$390 (\$13.00 ea)		
	30-Day Unlimited: \$169/month			30-Day Unlimited: \$99/month		
BEST VALUE: Our unlimited “All-Class Pass” provides access to all Equipment-Based Pilates, Mat Pilates, AntiGravity®, Strength, TRX, Oov, Healthy Aging, Yoga & Meditation classes for just \$241.20 per month.				*For your safety, a one-on-one introductory Pilates session (\$75) is required before you can enroll in EBP classes.		