



STATERA

Integrated Health & Wellness Solutions

Sue Webber
Certified Pilates Instructor

Sue Webber's philosophy of care centers on safe, encouraging Pilates instruction that challenges and supports individuals at all levels, helping them build strength, flexibility, and long-term health in a positive, light-hearted environment.

- Certified Pilates Instructor
- Mat Class Instruction
- Equipment-Based Pilates
- Small Group & Private Classes
- Pilates on the Oov

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Sue Webber earned her Mat and Reformer Pilates teaching certificate through Balanced Body in 2011 and is now certified to teach all apparatus, including Cadillac, Chair, and Barrel. She has also completed specialized coursework on Pilates for Neurological Conditions, led by Dr. Brett Anderson, PhD, PT, and has been teaching Pilates in Dubuque since 2011.

Whether I'm teaching a group class or a private session, I aim to brighten your day, challenge you, and encourage you to get the most out of your time in class. You can expect a light-hearted atmosphere—but I also want you to truly feel the work of Pilates!

Safe modifications are offered for all levels and remind you to be patient with yourself, especially if you are injured or have limited mobility. The positive changes I see in clients continually inspire me. As you build strength, increase flexibility, and make your health a priority, you'll start to feel like a new person.

I'm a mom of four who started Pilates in 2006 as a way to practice self-care and get in shape. I want to stay strong and flexible for many years to come—and that's a goal I share and integrate with my clients.



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