

NEWSLETTER

MARCH 2026

(563) 207-8932

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”
-World Health Organization

FUNCTIONAL MEDICINE TESTING OPTIONS

“Functional medicine focuses on upstream imbalances—also known as root causes—and aims to address them to support comprehensive healing and prevent future imbalance and dysfunction.” ~Rylee Sigwarth, PA

Read more (2 min): <https://www.stateraintegrated.com/post/functional-medicine-testing-options>

Learn more about Rylee: <https://www.stateraintegrated.com/rylee-sigwarth>



OUR NEWSET TEAM MEMBER

We are excited to welcome Allie Saunders back to our team as a full-time health coach and personal trainer!

Join Our Team:

- Physical Therapist
- Mental Health Counselor

Learn more:

<https://www.stateraintegrated.com/join-our-team>



Spring Clean

“Create a clean, refreshing atmosphere as you complete your annual spring cleaning with an uplifting blend of Lemon, Lavender, and Rosemary essential oils.” ~doTERRA

- 2 drops Lemon
- 2 drops Lavendar
- 2 drops Rosemary



6 Lucky Diffuser Blends:
<https://www.doterra.com/CA/en/blog/healthy-living-lucky-diffuser-blends>

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



UPCOMING WORKSHOPS

Diabetes: Prevention & Management Program, beg. 3/5
with Anna King, Nurse, and Lori Ballew, Holistic Nutritionist

No Limb-Its Amputee Social & Support Gatherings, 3/9, 4:00-5:30 pm, Free,
with Amy McFadden, Physical Therapist

Community Acupuncture, 3/19, appointments available 5:00-7:00 pm, \$40,
with Ashley Straka, Acupuncturist

Outlive: The Science and Art of Longevity, 3/19, 5:00-6:30 pm, Free,
with Nicole Hutchison, PT, CSCS, Integrative Health Coach

Learn more: <https://www.stateraintegrated.com/workshops-events>

Equipment Based Pilates (EBP) & Antigravity®

Fitness, Mat Pilates & Meditation

MON

8:00-8:50am Multi-level EBP Malia
 9:00-9:50am Level 2 EBP Malia
 4:30-5:20pm Level 1 / 2 EBP Malia
 4:30-5:20pm Mat Pilates Blend Shannon
 5:30-6:20pm Level 1 EBP Shannon

8:30-9:20am Strength & Balance Nicole
 9:30-10:20am Healthy Aging Nicole
 12:00-12:50pm Arms + Glutes Allie
 4:30-5:20pm Mat Pilates Blend Shannon

TUES

7:30-8:20am Multi-level EBP Sue
 8:30-9:20am Level 2 EBP Sue
 10:00-10:50am Level 1 EBP Sue
 11:00-11:50am 60+ Restorative EBP Malia
 4:30-5:20pm Multi-level EBP Malia
 5:30-6:20pm Antigravity Malia

9:00-9:50am Cardio+Strength+Yoga Tobey
 10:00-10:50am Yin Yoga Tobey

WED

8:00-8:50am Pilates Fitness Malia
 9:00-9:50am Pilates Fitness Malia
 4:00-4:50pm Bone Health EBP Malia
 5:00-5:50pm Pilates Fitness Malia

8:30-9:20am Strength & Balance Nicole
 9:30-10:20am Stretch Nicole
 12:00-12:50pm Core + Conditioning Allie

THURS

7:30-8:20am Multi-level EBP Sue
 8:30-9:20am Level 2 EBP Sue
 10:00-10:50am Level 1 EBP Sue
 4:30-5:20pm Multi-level EBP Shannon
 5:30-6:20pm Level 1 EBP Shannon

9:00-9:50am Cardio+Strength+Yoga Tobey
 10:00-10:50am Yin Yoga Tobey

FRI

9:00-9:50am Chair EBP Malia
 11:00-11:50am 60+ Restorative EBP Malia

8:00-8:50am TRX Allie
 9:00-9:50am Breath, Mindfulness, Meditation Nicole
 10:00-10:50am Oov Malia

SAT

7:30-8:20am Multi-level EBP Malia
 8:30-9:20am Active Aging EBP Malia
 9:30-10:20am Multi-level EBP Malia
 10:30-11:20am Multi-level EBP Malia

7:30-8:20am Pilates Sculpt Lori

PRICING

Drop In: \$28
10-Pass: \$252 (\$25.20ea)
20-Pass: \$476 (\$23.80ea)
30-Pass: \$672 (\$22.40ea)
30-Day Unlimited: \$169/month

Drop In: \$16
10-Pass: \$150 (\$15ea)
20-Pass: \$280 (\$14ea)
30-Pass: \$390 (\$13ea)
30-Day Unlimited: \$99/month

Fitness, Mat Pilates, Oov & Healthy Aging Wellness Classes, Equipment-Based Pilates (EBP) & AntiGravity®
All-Class Pass: \$241.20/month

*For your safety, a private one-on-one introductory Pilates session (\$75) is required before signing up for EBP classes.

