

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

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

Diabetes: Prevention & Management Program, beg. 3/12 with Anna King, Nurse, and Lori Ballew, Holistic Nutritionist

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

Having a Mary Heart in a Martha World, beg. 3/20, 11:00-12:00, \$25, 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.

