



# STATERA

Integrated Health & Wellness Solutions

**Malia Ridgway**

**Stott Certified Pilates, TRX,  
Antigravity®, Oov**

*Malia's philosophy of care centers on a collaborative, mindful movement approach that honors individual abilities and guides clients toward their fitness goals through safe, adaptable, and well-planned training.*

- Mat & EBP Pilates
- Alignment-Based Workouts
- Fascial Movement
- Zenga
- Private Sessions
- Antigravity® Fitness
- TRX
- Halo
- 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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## Malia Ridgway



Malia's Pilates specializations include Mat, Reformer, Oov, Zenga, Halo, Cadillac, Barrels, Stability Chair, and Fascial Movement, and she has completed coursework in Injuries and Special Populations. In addition, Malia holds a certification in Christopher Harrison's AntiGravity® fitness program and is a qualified TRX suspension trainer and Oov practitioner.

Malia enjoys learning and continues to deepen her movement knowledge through annual continuing education in Pilates and AntiGravity®. These additional studies broaden her expertise and allow her to introduce a wide range of fitness options. Malia's diverse clientele range from post-rehabilitation clients to active athletes.

I am committed to creating a harmonious trainer–client relationship, working as a team in both small-group and private sessions. My goal for each client is to guide them toward their fitness goals through mindful planning that takes into account any physical restrictions and necessary modifications.



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