



STATERA

Integrated Health & Wellness Solutions

Maggie Nelson
Certified Pilates Instructor

Maggie's philosophy of care centers on creating a comfortable, collaborative, and fun environment where everyone feels supported as they become a healthier version of themselves. She believes clients should leave each class feeling empowered and confident, with a greater ability to move through daily life with ease.

- Mat Pilates
- Equipment-Based Pilates
- Strength & Mobility Classes

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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Maggie Nelson, Certified Pilates Instructor



Maggie is a licensed and actively practicing Physical Therapist Assistant who works with individuals of all ages and diagnoses. She added Pilates to her skill set in 2026 after experiencing the benefits firsthand. Through her own Pilates practice, she noticed improvements in her coordination, mobility, and strength. She now enjoys incorporating Pilates into her work with therapy clients and is excited to bring those same benefits to community members.

I enjoy seeing the progression and improvement of each individual I coach and celebrating every win, no matter how big or small. I value building genuine relationships with clients through encouragement, individualized instruction, and creating a safe space where everyone feels comfortable challenging themselves.

I grew up in southwest Iowa on a farm, which has led me to enjoy being outside and active. You will oftentimes find me walking or playing with my two dogs, reading, working out, or watching television. Traveling is another hobby of mine, with my most visited spot being Walt Disney World in Florida.



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