

# NEWSLETTER

JANUARY 2026

(563) 207-8932

## 2026 WORD OF INSPIRATION

At Statera, each year we thoughtfully select a word of inspiration that reflects our core values and supports our mission. This word becomes a guiding theme for the year ahead—shaping our messaging, our logo wear, and the way we show up for our patients, clients, and one another. As we look ahead to the new year, we're honored to announce our word of inspiration for 2026: Align. A reminder to bring our minds, bodies, and actions into harmony, to return to center, and to move forward with intention, balance, and purpose.



### Snow Angels

*“Bring back nostalgic memories of the warm indoors after a day of making snow angels with a heavenly combination of warm Frankincense, fresh Wild Orange, and minty Peppermint essential oils.” ~doTERRA*

- 3 drops Frankincense
- 2 drops Wild Orange
- 2 drops Peppermint

More diffuser blends for the winter season:  
<https://www.doterra.com/CA/en/blog/diy-holiday-diffuser-blends>



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*“Your mind, emotions and body are instruments and the way you align and tune them determines how well you play life.”*  
 ~Harbhajan Singh Yogi

### Welcome to the TEAM



### OUR NEWST TEAM MEMBERS

Welcome to Lindsey Runde, front desk receptionist and Kathy Loeffelholz, Nurse.

#### Join Our Team:

- Front Desk Receptionist
- Physical Therapist
- Mental Health Counselor

#### Learn more:

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

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

## UPCOMING WORKSHOPS

**No Limb-Its Amputee Social & Support Gatherings**, 1/5, 4:00-5:30pm, FREE, with Amy McFadden, Physical Therapist

**Prenatal Yoga**, 5 weeks beg. 1/5, 5:30-6:20pm, \$80, with Lacy Knipper, Birth Specialist

**Community Acupuncture**, 1/15, appointments available 5:00-6:30pm, with Ashley Straka, Acupuncturist

**Living Well: One Word for 2026**, 1/15, 5:00-7:00pm with Nicole Hutchison, PT, CSCS, Integrative Health Coach.

**Your Birth: Beyond the Basics**, 3 weeks beg. 1/19, 6:30-8:30pm, \$150, with Lacy Knipper, Birth Specialist

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

# STATERA Fitness, Pilates, Meditation

## Equipment Based Pilates (EBP) Antigravity®

## Fitness, Pilates & Meditation

MON

8:00-8:50am	Multi-level EBP	Malia	8:30-9:20am	Strength & Balance	Nicole
9:00-9:50am	Level 2 EBP	Malia	9:30-10:20am	Chair Fit	Nicole
4:30-5:20pm	Level 1 / 2 EBP	Malia	4:30-5:20pm	Mat Pilates Blend	Shannon
4:30-5:20pm	Mat Pilates Blend	Shannon			
5:30-6:20pm	Level 1 EBP	Shannon			

TUES

7:30-8:20am	Multi-level EBP	Sue	9:00-9:50am	Cardio+Strength+Yoga	Tobey
8:30-9:20am	Level 2 EBP	Sue	10:00-10:50am	Yin Yoga	Tobey
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			

WED

8:00-8:50am	Pilates Fitness	Malia	8:30-9:20am	Strength & Balance	Nicole
9:00-9:50am	Pilates Fitness	Malia	9:30-10:20am	Stretch	Nicole
4:00-4:50pm	Bone Health EBP	Malia			
5:00-5:50pm	Pilates Fitness	Malia			

THURS

7:30-8:20am	Multi-level EBP	Sue	9:00-9:50am	Cardio+Strength+Yoga	Tobey
8:30-9:20am	Level 2 EBP	Sue	10:00-10:50am	Yin Yoga	Tobey
10:00-10:50am	Level 1 EBP	Sue			
4:30-5:20pm	Multi-level EBP	Shannon			
5:30-6:20pm	Level 1 EBP	Shannon			

FRI

9:00-9:50am	Chair EBP	Malia	9:00-9:50am	Breath, Mindfulness, Meditation	Nicole
11:00-11:50am	60+ Restorative EBP	Malia	10:00-10:50am	Oov	Malia

SAT

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

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, Yoga, Oov & Healthy Aging Wellness Classes, Equipment-Based Pilates (EBP) & AntiGravity®**

**\*A private one-on-one introductory Pilates session is required before signing up for classes\***

**All-Class Pass: \$241.20/month**

