



Want to try something new?
Experience a FREE Yoga or Mat Pilates class on
us for both new and existing clients!

JULY

● Physical Therapy Wellness

● Mat Pilates

● Equipment Based Pilates

● Meditation

● AntiGravity®

● Yoga

● Strength Training

● Cardio

	PILATES STUDIO			OPEN STUDIO			WELLNESS STUDIO		
MON	9:00-9:50 am ● Level 2 EBP	Malia		9:00-9:50 am ● Stable and Strong	Tricia		4:30-5:20 pm ● Barre/Yoga	Tobey	
	3:30-4:20 pm ● Level 1 EBP	Malia		10:00-10:50 am ● Fit Foundations for Life	Tricia		5:30-6:20 pm ● Prenatal Yoga	Lacy	
	5:30-6:20 pm ● Level 1 EBP	Malia							
TUES	7:30-8:20 am ● Multi-Level EBP	Sue		9:00-9:50 am ● Strength/Yoga	Tobey		5:30-6:20 pm ● Antigravity	Malia	
	8:30-9:20 am ● Level 2 EBP	Sue		10:00-10:50 am ● Hatha Yoga	Tobey				
	10:00-10:50 am ● Level 1 EBP	Sue							
	11:00-11:50 am ● 60+ Restorative EBP	Malia							
	12:00-12:50pm ● Restorative EBP	Malia							
	4:30-5:20 pm ● Level 1/2 EBP	Malia							
WED	4:30-5:20 pm ● Level 1 EBP	Malia		9:00-9:50 am ● Stable and Strong	Tricia		4:30-5:20 pm ● Barre/Yoga	Tobey	
	5:30-6:20 pm ● Zenga	Malia		9:00-9:50 am ● Chair EBP	Malia		9:00-9:50 am ● Trauma Yoga	Tonia	
				10:00-10:50 am ● Fit Foundations for Life	Tricia				
THURS				4:30-5:20 pm ● Foam Rolling	Nicole				
	7:30-8:20 am ● Multi-Level EBP	Sue		9:00-9:50 am ● Strength/Yoga	Tobey		12:10-12:30 pm ● Lunchtime Meditation (free)	Tonia	
	8:30-9:20 am ● Level 2 EBP	Sue		10:00-10:50 am ● Hatha Yoga	Tobey				
	10:00-10:50 am ● Level 1 EBP	Sue							
FRI	4:30-5:20 pm ● Multi-Level EBP	Sue							
	9:00-9:50 am ● Friday Flip	Malia					9:00-9:50 am ● Yin Yoga	Tobey	
	10:00-10:50 am ● 60+ Restorative	Malia							
SAT	11:00-11:50 am ● Restorative EBP	Malia							
	8:30-9:20 am ● Multi-Level EBP	Malia		9:00-9:50 am ● Iron Yoga	Tobey		8:00-8:50 am ● Yin Yoga	Tobey	
	9:30-10:20 am ● Multi-Level EBP	Malia					10:30-11:20 am ● Antigravity	Malia	

At Statera, our small group personal training atmosphere allows for individualized attention to fit your unique fitness needs and goals. Private sessions are also available! Call 563-207-8932 to schedule.

For more information on our class offerings and to enroll in a class - see reverse of this schedule or visit stateraintegrated.com/fitness-yoga

FITNESS & YOGA

Physical Therapy Wellness Classes

Classes that focus on functional strength using a wide variety of equipment and techniques. Instructed by a physical therapist, any exercise can be modified to accommodate your specific needs.

Level 1 - Fit Foundations for Life - A beginner level class for those individuals looking to improve their balance, flexibility, and functional strength for daily activities. This class is a little slower paced and appropriate for clientele who are de-conditioned and/or hoping to improve their strength, stability, and safe mobility for activities of daily living. Exercises will be tailored to the needs of the individuals attending.

Level 2 - Stable and Strong - An intermediate/advanced level class for those individuals motivated for a little more challenge with higher level strengthening, core stability, mobility, and dynamic balance. This class will include full-body strengthening in various positions and requires a general understanding of basic exercises.

Yoga

Improve health and relaxation through breath control, postures, and meditation.

- Strength Yoga
- Barre Yoga
- Iron Yoga (with light weights)
- Hatha Yoga
- Trauma Yoga
- Yin Yoga
- Prenatal Yoga (In person or virtual)

Mat Pilates

Practice mind/body awareness while increasing strength and flexibility in Mat Pilates. We offer a variety of weekly classes for men and women of all ages and ability levels.

* not currently offered during summer months

New! Physical Therapy Led Focus Classes

Only on first 3 Wednesdays of the month

Classes are education based on special topics that will rotate monthly. Learn foundational principles, correct form and technique, and build confidence in how to move your body safely and effectively. Modifications provided for special needs. Open to all ages, recommended for beginner to intermediate levels.

- **July focus:** Foam Rolling

Private sessions now being offered for Yoga, Prenatal Yoga, Mat Pilates, EBP and Antigravity!

Pricing for Fitness/Yoga: (excluding EBP and Antigravity)

Drop In: \$16	NEW! 30-day Unlimited
10-Pass: \$15	Fitness & Yoga classes: \$99/month
20-Pass: \$14	EBP: \$169/month
30-Pass: \$13	

PERSONAL TRAINING, EBP, ANTIGRAVITY®

Personal Training and Health Coaching

We encourage individualized programming for balance in strength, flexibility, and endurance, keeping in mind your unique needs and goals. Consider scheduling with our Personal Trainers for a thorough evaluation, recommendations for programming, and guidance in getting started or for ongoing training. We also offer private one-on-one, duet, or small group sessions

Call for more information or to schedule, visit
<https://www.stateraintegrated.com/service>

Equipment Based Pilates

The combination of Pilates principles, technique and state-of-the-art equipment guides all fitness levels to work through the core to increase strength, flexibility, mobility, balance and body awareness.

A private intro class is a mandatory prerequisite to all EBP class.

- Zenga
- Friday Flip
- Chair EBP - Level 1/2
- 60+ Restorative EBP
- Level 1 EBP - Basic
- Level 2 EBP - Intermediate
- Level 1/2 EBP - Basic+
- Multilevel EBP

EBP Pricing:

Drop In: \$28
10-Pass: \$25.20
20-Pass: \$23.80
30-Pass: \$22.30

AntiGravity®

AntiGravity® is a challenging workout for all fitness levels that flows through movements, allowing you to improve flexibility, mobility, balance and muscle relaxation while building strength.

- AntiGravity®

AntiGravity®

Pricing:
Drop In: \$25
10 for \$200

Cardio equipment use
\$5 single session
\$35 monthly unlimited
\$31.50 auto-renew
monthly contract

Use of cardio equipment is free
with 10/20/30 punchcards,
Unlimited Monthly Pass or
Coaching packages!

STATERA INSTRUCTORS

At Statera, we believe in health and wellness - mind, body, spirit, and our highly trained coaches and instructors are ready to guide you to experience what this means. We encourage individualized programming for balance in strength, flexibility, and endurance, keeping in mind your unique needs and goals.



Nicole Hutchison
PT, CSCS
Health Coach



Tobey Roling
Certified Yoga
Instructor,
Small Group
Class Instructor



Malia Ridgway
Stott Certified
Pilates,
AntiGravity®,
TRX &
Halo Instructor



Sue Webber
Certified
Pilates
Instructor



Lacy Knipper
Certified
Prenatal Yoga
Educator



Tonia Mayerle
Ayurveda Yoga
Instructor



Amye Valant
Certified
Pilates
Instructor



Lynn Randall
Certified Yoga
Instructor
Chiropractor



Meghan Hermesen
Certified
Registered
Yoga Instructor



Tricia Serres, DPT
Physical Therapist,
Personal Trainer