

STATERA October 2024 Fitness



Equipment Based Pilates (EBP)

AntiGravity®

Fitness, Yoga & Meditation

MON

8:00-8:50 am	Multi-Level EBP	Malia
9:00-9:50 am	Level 2 EBP	Malia
4:30-5:20 pm	Level 1/2 EBP	Malia
5:30-6:20 pm	Level 1 EBP	Shannon
6:30-7:20 pm	Level 1 EBP	Shannon

9:00-9:50 am	Stable and Strong	Allie
10:00-10:50 am	Fit Foundations for Life	Allie
12:00-12:50 pm	Power Sculpt	Allie

TUE

7:30-8:20 am	Multi-Level EBP	Sue
8:30-9:20 am	Level 2 EBP	Sue
10:00-10:50 am	Level 1 EBP	Sue
11:00-11:50 am	60+ Restorative EBP	Malia
4:30-5:20 pm	Multi-Level EBP	Malia
5:30-6:20 pm	AntiGravity	Malia

9:00-9:50 am	Strength/Yoga	Tobey
10:00-10:50 am	Yin Yoga	Tobey
5:30-6:20 pm	Flow Yoga	Tobey

WED

8:00-8:50 am	Pilates Fitness	Malia
9:00-9:50 am	Pilates Fitness	Malia
4:00-4:50 pm	Bone Health Fitness	Malia
5:00-5:50 pm	Pilates Fitness	Malia

9:00-9:50 am	Stable and Strong	Nicole
10:00-10:50 am	Fit Foundations for Life	Nicole
4:30-5:20 pm	Iron Yoga	Tobey

THUR

7:30-8:20 am	Multi-Level EBP	Sue
8:30-9:20 am	Level 2 EBP	Sue
10:00-10:50 am	Level 1 EBP	Sue
4:30-5:20 pm	Multi-Level EBP	Shannon
5:30-6:20 pm	Level 1 EBP	Shannon
6:30-7:20 pm	Level 1 EBP	Shannon

9:00-9:50 am	Strength Yoga	Tobey
10:00-10:50 am	Yin Yoga	Tobey

FRI

9:00-9:50 am	Chair EBP	Malia
11:00-11:50 am	60+ Restorative EBP	Malia

10:00-10:50 am	Oov	Malia
11:00-11:50 am	TRX	Allie
12:00-12:50 pm	Sweat and Shine	Allie

SAT

7:30-8:20 am	Multi-Level EBP	Malia
8:30-9:20 am	Active Aging EBP	Malia
9:30-10:20 am	Multi-Level EBP	Malia
10:40-11:30 am	AntiGravity	Malia

October Days of Recognition

Join us in celebrating our providers in the month of October with giveaways, discounts & MORE!

- National Primary Care Week Oct. 6-12
- National Massage Therapy Week Oct. 20-26
- National Chiropractic Month
- National Physical Therapy Month
- 10/6: National Coaches Day
- 10/10: National Mental Health Day
- 10/15: National Esthetician Day
- 10/24: National Acupuncture Day

FITNESS, YOGA, and MEDITATION

Healthy Aging 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
- Level 2 - Stable and Strong

Strength/Cardio

Focus on building muscle and endurance through resistance training and enhancing cardiovascular health that contribute to improved muscle tone, bone density, and increased metabolism.

- Power Sculpt
- Sweat and Shine
- Sweat and Sculpt
- TRX

Yoga

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

- Strength Yoga
- Flow Yoga
- Yin Yoga
- Iron Yoga (with light weights)

Oov

Oov Pilates is a form of mat pilates that is dynamic, slow-movement training using the oov as a prop. The unique shape of the oov mimics the curves of the body to protect and lengthen the spine using three dimension movement patterns to target deep core strength.

EQUIPMENT BASED PILATES(EBP)

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.

For your safety, we require a one-hour private intro for all EBP classes. \$75

- Level 1 EBP
- Level 2 EBP
- Pilates Fitness
- Chair EBP
- 60+ Restorative EBP
- Multi-Level EBP
- Bone Health EBP

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.

PRICING

Fitness, Yoga, Oov & Healthy Aging Wellness Classes

- Drop In: \$16
- 10-Pass: \$150 (\$15ea)
- 20-Pass: \$280 (\$14ea)
- 30-Pass: \$390 (\$13ea)

30-Day Unlimited:
\$99/month

Equipment Based Pilates (EBP) & AntiGravity®

- Drop In: \$28
- 10-Pass: \$252 (\$25.20ea)
- 20-Pass: \$476 (\$23.80ea)
- 30-Pass: \$672 (\$22.40ea)

30-Day Unlimited:
\$169/month

**Fitness, Yoga, Oov & Healthy Aging Wellness Classes
Equipment Based Pilates (EBP) and AntiGravity®**
\$241.20/month

We offer one-on-one sessions in Personal Training, Eating Disorder Recovery Coaching, Holistic Health and Integrative Nutrition Coaching, Yoga, Pilates, and AntiGravity®.

For more information on all classes or private session & pricing, please call: 563-207-8932 or visit our website: stateraintegrated.com/services

STATERA INSTRUCTORS

At Statera, we believe in health and wellness—mind, body, spirit. Our highly trained coaches and instructors are ready to guide you to experience what this means.



Nicole Hutchison
PT, CSCS,
Holistic Health & Integrative Nutrition Coach



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



Shannon Hummel
Balanced Body Trained Pilates Instructor



Allie Saunders
Certified Personal Trainer and Health Coach



Sue Webber
Balanced Body Certified Pilates Instructor



Tobey Roling
Certified Yoga Instructor, Small Group Class Instructor



Lacy Knipper
Certified Prenatal Yoga Educator