

NEWSLETTER

MAY 2026

| (563) 207-8932

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“Connection is why we’re here; it is what gives purpose and meaning to our lives.”

~Brené Brown

STRONG BODIES, STRONG MINDS KIDS SUMMER CAMP

Help your child build confidence, stay active, and develop healthy habits through movement, strength-building activities, outdoor games, teamwork, and simple mindfulness tools. A unique feature of this camp is our hands-on teaching kitchen, where kids will help prepare a simple, healthy snack while learning how food fuels their bodies. Ages: 8–12

Registration is open for June and July.

Call 563-207-8932 to register, or visit our website:
<https://www.stateraintegrated.com/workshops-events>



OUR NEWEST TEAM MEMBER

Welcome Brie Tauber, Physical Therapist! Brie’s philosophy of care focuses on empowering individuals to achieve their functional goals through personalized, evidence-based interventions that enhance movement, promote active participation, and support long-term wellness.

Learn more about Brie:
<https://www.stateraintegrated.com/brie-tauber-pt>



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



UPCOMING WORKSHOPS

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

Community Acupuncture, 5/21, appointments available 5:00-7:00 pm, \$40, with Ashley Straka, Acupuncturist

Cycle Syncing Workshop, 5/23, 9:00 am-12:00 pm, Early Bird \$95 (\$110 after May 1st), with Allie Saunders, Lori Ballew, and Amber Horsley

NEW FITNESS CLASSES

Arms + Glutes, Expect structured strength work with intentional pacing, challenging loads, and minimal downtime. Mondays, 12:00-12:50 pm

Core + Conditioning, A dynamic workout combining core strength with conditioning intervals designed to elevate heart rate and improve overall endurance. Wednesdays, 12:00-12:50 pm

TRX, A balanced TRX workout that targets the entire body using suspension-based resistance. Fridays, 8:00-8:50 am

Equipment-Based Pilates (EBP) & Antigravity®

Fitness, Mat Pilates, Oov, & Meditation

MON

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

8:30-9:20am	Strength & Balance	Nicole
9:30-10:20am	Healthy Aging	Nicole
12:00-12:50pm	Arms + Glutes	Allie
4:30-5:20pm	Mat Pilates Blend	Shannon

TUES

7:30-8:20am	Multi-level EBP	Sue
8:30-9:20am	Level 2 EBP	Sue
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

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

WED

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

8:30-9:20am	Strength & Balance	Nicole
9:30-10:20am	Stretch	Nicole
12:00-12:50pm	Core + Conditioning	Allie

THURS

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

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

FRI

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

8:00-8:50am	TRX	Allie
9:00-9:50am	Breath, Mindfulness, Meditation	Nicole
10:00-10:50am	Oov	Malia

SAT

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

7:30-8:20am	Pilates Sculpt	Lori
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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, Mat Pilates, Oov & Healthy Aging Wellness Classes, Equipment-Based Pilates (EBP) & AntiGravity®
All-Class Pass: \$241.20/month

*For your safety, a private one-on-one introductory Pilates session (\$75) is required before signing up for EBP classes.

