

November 2022 Fitness



Physical Therapy Wellness

Yoga

Equipment Based Pilates (EBP)

AntiGravity®

Meditation

	PILATES STUDIO		OPEN STUDIO		WELLNESS STUDIO	
MON	9:00-9:50 am ● Level 2 EBP 3:30-4:20 pm ● Level 1 EBP	Malia Malia	9:00-9:50 am ● Stable and Strong 10:00-10:50 am ● Fit Foundations for Life	Tricia Tricia	4:30-5:20 pm ● Barre/Yoga	Tobey
TUES	7:30-8:20 am ● Multi-Level EBP 8:30-9:20 am ● Level 2 EBP 10:00-10:50 am ● Level 1 EBP 11:00-11:50 am ● 60+ Restorative EBP 12:00-12:50 pm ● 60+ Restorative EBP 4:30-5:20 pm ● Multi-Level EBP	Sue Sue Sue Malia Malia Malia			9:00-9:50 am ● Strength/Yoga 10:00-10:50 am ● Yin Yoga 5:30-6:20 pm ● AntiGravity	Tobey Tobey Malia
WED	5:00-5:50 pm ● Zenga	Malia	9:00-9:50 am ● Chair EBP 10:00-10:50 am ● Fit Foundations for Life 4:30-5:20 pm ● Posture 101	Malia Tricia Nicole	8:00-8:50 am ● Morning Mix Yoga 9:00-9:50 am ● Stable and Strong 10:00-10:50 am ● Trauma Yoga 4:30-5:20 pm ● Barre/Yoga	Tonia Tricia Tonia Tobey
THURS	7:30-8:20 am ● Multi-Level EBP 8:30-9:20 am ● Level 2 EBP 10:00-10:50 am ● Level 1 EBP 4:30-5:20 pm ● Multi-Level EBP	Sue Sue Sue Sue			9:00-9:50 am ● Strength/Yoga 10:00-10:50 am ● Hatha Yoga 12:10-12:30 pm ● Lunchtime Meditation	Tobey Tobey Tonia
FRI	9:00-9:50 am ● Friday Flip 10:00-10:50 am ● 60+ Restorative EBP 11:00-11:50 am ● 60+ Restorative EBP	Malia Malia Malia			9:00-9:50 am ● Yin Yoga	Tobey
SAT	8:30-9:20 am ● Multi-Level EBP 9:30-10:20 am ● Multi-Level EBP	Malia Malia	10:00-10:50 am ● Iron Yoga	Tobey	9:00-9:50 am ● Yin Yoga 10:30-11:20 am ● AntiGravity	Tobey Malia

See reverse side of this schedule for details! For more information and/or to enroll in our classes, visit stateraintegrated.com/fitness-yoga or call 563-207-8932!

NEW TO NOVEMBER!

- FREE! Zumba class with Sara Vorwald! Friday, November 25, 10:30 am



FITNESS, YOGA, and MEDITATION

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.

• Physical Therapy Led Focus Classes (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.

NOVEMBER FOCUS: Posture 101

Yoga

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

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

Mat Pilates*

Practice mind/body awareness while increasing strength and flexibility in Mat Pilates.

** not currently offered during summer months*

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.

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.

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

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

Meditation

We offer free, weekly, guided meditation online! Join us on Thursdays from 12:10-12:30 p.m., on Facebook Live: www.facebook.com/StateraIntegrated.

One-on-One Sessions

We offer one-on-one sessions in Personal Training, Life and Wellness Coaching, Ayurveda, Holistic Health and Integrative Nutrition Coaching, Yoga, Pilates, and AntiGravity.

PRICING

Fitness and Yoga

- Drop In: \$16
- 10-Pass: \$15
- 20-Pass: \$14
- 30-Pass: \$13

30-Day Unlimited:
\$99/month

Equipment Based Pilates (EBP)

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

30-Day Unlimited:
\$169/month

AntiGravity®

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

Cardio Equipment Use

- Single session: \$5
- Monthly Unlimited: \$35
- Auto-Renew Monthly Contract: \$31.50

Use of cardio equipment is free the day of your scheduled class or appointment!

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. 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 Smith
Certified Registered Yoga Instructor



Tricia Serres, DPT
Physical Therapist,
Personal Trainer

For more information and a complete list of Statera services, visit www.stateraIntegrated.com/services.