

March 2023 Fitness



● Physical Therapy Wellness
 ● Yoga
 ● Equipment Based Pilates (EBP)
 ● AntiGravity®
 ● Zumba
 ● Oov/Mat Pilates

	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	9:30-10:20 am ● AntiGravity 5:30-6:20 pm ● Zumba	Malia Sara	9:00-9:50 am ● Strength/Yoga 10:00-10:50 am ● Yin Yoga 5:30-6:20 pm ● AntiGravity	Tobey Tobey Malia
WED	9:00-9:50 am ● Pilates Fitness 5:00-5:50 pm ● Zenga	Malia Malia	9:00-9:50 am ● Stable and Strong 10:00-10:50 am ● Fit Foundations for Life	Tricia Tricia	9:00-9:50 am ● Trauma Yoga 4:30-5:20 pm ● Barre/Yoga	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 ● Yin Yoga	Tobey Tobey
FRI	11:00-11:50 am ● 60+ Restorative EBP	Malia	9:00-9:50 am ● Chair EBP 10:00-10:50 am ● Oov	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	10:30-11:20 am ● AntiGravity 11:30-12:20 am ● AntiGravity	Malia Malia	9:00-9:50 am ● Yin Yoga 10:00-10:50 am ● Iron Yoga	Tobey Tobey

** When scheduled, the Body Clinic Series will be held on Saturdays in Open Studio, not AntiGravity*

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!

Use the coupon code "LoveZumba" on checkout to receive a free Zumba class! Tuesdays at 5:30 pm!



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.

• The Body Clinic Series

The Body Clinic Series will include education on posture, anatomy and biomechanics; demonstrations of exercises that can be done at home and with pilates equipment; massage and self-release techniques to reduce muscle tension; and active participation of all exercises and activities.

*Knee/Foot/Ankle, March 18, 10:30 a.m. - 12 p.m.
Statera Lower Level, Open Studio, \$25*

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)

Oov/Mat Pilates

Oov is a dynamic, low-impact, slow-movement training method. The oov's unique shape mimics the curves of the body to protect and lengthen the spine. The three-dimensional movement patterns target deep core strength.

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 is a mandatory prerequisite to all EBP classes.

- Zenga
- Level 1 EBP - Basic
- Pilates Fitness
- Level 2 EBP - Intermediate
- Chair EBP - Level 1/2
- 60+ Restorative EBP
- Multilevel EBP

Zumba

Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Zumba combines all elements of fitness, including cardio, muscle conditioning, balance, and flexibility.

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, Yoga, & Oov

- 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-Pass: \$225

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



Meghan Smith
Certified Registered Yoga Instructor



Lynn Randall
Certified Yoga Instructor,
Chiropractor



Sara Vorwald
Zumba Instructor



Tricia Serres, DPT
Physical Therapist,
Personal Trainer

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