



563-207-8932

STATERA, LLC

NOVEMBER 2025

WELCOME TO OUR

Mind-Body Classes



Healthy Aging

Strength & Balance: This engaging class is designed to build strength and improve balance through safe, effective exercises. Tailored for all ages and ability levels, it promotes overall wellness.

Stretch: This gentle yet effective program helps maintain flexibility, improves joint range of motion, and reduces injury risk. Regular stretching can also ease muscle tension, boost performance in activities, and promote overall physical health. Perfect for all ages!

Chair Fit: This class, led by a Physical Therapist, emphasizes range of motion, flexibility, toning, and balance. All exercises are performed seated or standing with support. Its slower pace makes it an ideal option for participants who prefer a gentler workout.

About Our Classes

At Statera we offer a wide variety of small group classes, to support your health and wellness. Open to men and women. Equipment provided.

Oov

Oov is a dynamic, low-impact, slow-movement training method. Its unique shape mimics the curves of the body to protect and lengthen the spine, and it creates 3-dimensional movement patterns targeting deep core strength.



Breath, Mindfulness & Meditation

This tranquil session focuses on techniques that help reduce stress, enhance focus and foster a deeper connection with yourself. Experience the transformative power of mindfulness and elevate your overall well-being!

NEW Virtual option now available.



NEW Flowlates

Strength. Stretch. Flow. A dynamic fusion of Pilates and Yoga flow. Flowlates strengthens your core, improves posture, and increases flexibility- all in one energizing class. Move through sequences that sculpt and tone with Pilates and melt into mindful yoga stretches to release tension and restore balance. Perfect for all fitness levels this class will leave you feeling strong, centered, and refreshed.



Mat Pilates

Mat Pilates Blend: A dynamic mat Pilates class that blends traditional mat exercises with the versatility of the Pilates chair and arc. Build core strength, improve flexibility, and enhance body awareness through flowing sequences designed to challenge and support your body.

Pilates Sculpt: Elevate your Pilates practice with this dynamic, full-body workout that blends classic Pilates precision with the power of resistance training. Using light weights, resistance bands, a Pilates ball, and yoga blocks, you'll strengthen and sculpt every muscle while improving posture, core stability, and flexibility. Expect fluid sequences, targeted toning, and mindful movement that leaves you feeling strong, centered, and energized.

Yoga

Flow Yoga: This class emphasizes fluid, dynamic movement between poses, using the breath to transition from one posture to the next. This easy flow practice increases bone density, flexibility, and balance.

Cardio + Strength + Yoga: Experience the perfect blend of low-impact cardio, strength training, and Yoga in this energizing class. Build strength and reduce body fat while improving balance and lengthening your body.

Yin Yoga: A quiet, meditative practice that involves holding passive poses for extended periods. Using mindful muscle relaxation, yin postures target the connective tissue nourishing joints, ligaments, and fascia, promoting the healthy flow of chi (energy).



Equipment Based Pilates

Level 1: Learn the basic principles and essential reformer repertoire while beginning to practice the mind/body connection through movement.

Level 2: Designed to challenge the experienced Pilates student while deepening their understanding of mind/body movement.

Chair EBP: The spring tension of the Pilates Chair provides the needed resistance to access deep stabilizing muscles to strengthen, stretch, and balance the body. Multi-level.

Pilates Fitness: A Level 2 Equipment-Based Pilates class with something new every week! Workouts are fast-paced.



Active Aging: Focuses on movements to improve strength, balance, flexibility, and mobility while fostering a mind-body connection to support an active lifestyle.

60+ Restorative EBP: A slower-paced class designed for mature clients, this class focuses on increasing strength and flexibility.

Bone Health EBP: Specifically designed for clients that want to focus on prevention of osteopenia or osteoporosis, or those who have an existing diagnosis.

Mat/EBP: Build core strength, improve flexibility, and enhance body awareness through flowing sequences designed to challenge and support your body. This class blends traditional mat exercises with the Pilates Chair and arc.

AntiGravity

AntiGravity is a challenging workout for all fitness levels that flows through movements, allowing you to improve flexibility, mobility, balance and releasing muscles while building strength. Not all movements are inversions, but you will have enough hang time in between other exercises.

3375 Lake Ridge Drive | Dubuque, IA 52003 | (563) 207-8932

WWW.STATERAINTTEGRATED.COM