



Want to try something new?
Experience a FREE Yoga or Mat Pilates class on
us for both new and existing clients!

APRIL

- Physical Therapy Wellness
- Mat Pilates
- Equipment Based Pilates
- Meditation
- AntiGravity®
- Yoga
- Strength Training
- Cardio

	PILATES STUDIO		OPEN STUDIO		WELLNESS STUDIO 2	
MON	9:00-9:50 am ● Level 2 EBP	Malia	9:00-9:50 am ● Balanced Wellness (1)	Tricia	4:30-5:20 pm ● Barre/Yoga	Tobey
	3:30-4:20 pm ● Level 1 EBP	Malia	10:00-10:50 am ● Balanced Wellness(2)	Tricia	5:30-6:20 pm ● Prenatal Yoga	Lacy
	5:30-6:20 pm ● Level 1 EBP	Malia	4:30-5:20 pm ● Pure Pilates	Amye	6:30-7:20 pm ● Yoga 101	Jodi
			5:30-6:20 pm ● Pilates Sculpt	Amye		
TUES	7:30-8:20 am ● Multi-Level EBP	Sue	9:00-9:50 am ● Strength/Yoga	Tobey	5:30-6:20 pm ● Antigravity	Malia
	8:30-9:20 am ● Level 2 EBP	Sue	10:00-10:50 am ● Hatha Yoga	Tobey		
	10:00-10:50 am ● Level 1 EBP	Sue				
	11:00-11:50 am ● 60+ Restorative EBP	Malia				
4:30-5:20 pm ● Level 1/2 EBP	Malia					
WED	9:00-9:50 am ● Chair EBP	Malia	9:00-9:50 am ● Balanced Wellness(1)	Tricia	9:00-9:50 am ● Trauma Informed Yoga	Tonia
	4:30-5:20 pm ● Level 1 EBP	Malia	10:00-10:50 am ● Balanced Wellness(2)	Tricia	4:30-5:20 pm ● Barre/Yoga	Tobey
	5:30-6:20 pm ● Zenga	Malia	5:30-6:20 pm ● Core Stabilization 101	Nicole		
THURS	7:30-8:20 am ● Multi-Level EBP	Sue	9:00-9:50 am ● Strength/Yoga	Tobey	12:10-12:30 pm ● Lunchtime Meditation	Tonia
	8:30-9:20 am ● Level 2 EBP	Sue	10:00-10:50 am ● Hatha Yoga	Tobey		
	10:00-10:50 am ● Level 1 EBP	Sue				
	4:30-5:20 pm ● Multi-Level EBP	Sue				
FRI	9:00-9:50 am ● Friday Flip	Malia			9:00-9:50 am ● Yin Yoga	Tobey
	10:00-10:50 am ● 60+ Restorative	Malia				
SAT	8:30-9:20 am ● Multi-Level EBP	Malia	9:00-9:50 am ● Iron Yoga	Tobey	8:00-9:50 am ● Yin Yoga	Tobey
	9:30-10:20 am ● Multi-Level EBP	Malia			10:30-11:20 am ● Antigravity	Malia

At Statera, our small group personal training atmosphere allows for individualized attention to fit your unique fitness needs and goals. **Private sessions are also available! Call 563-207-8932 to schedule.**

For more information on our class offerings and to enroll in a classes - see reverse of this schedule or visit stateraintegrated.com

FITNESS & YOGA

Physical Therapy Wellness Classes

Classes that focus on functional exercise using a wide variety of tools and techniques. Instructed by a physical therapist, any exercise can be modified to accommodate your specific needs.

- Balanced Wellness

Level 1 - Beginner - will be for those individuals very deconditioned and needing a slower paced, less intensive workout. Depending on clientele, it may be primarily chair based and focused on improving strength and balance for activities of daily living.

Level 2 - Intermediate/Advanced - for those individuals looking for a little more challenging class for higher level strengthening, flexibility, balance and core work.

Yoga

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

- Strength Yoga
- Barre Yoga
- Yoga 101
- Iron Yoga (with light weights)
- Hatha Yoga
- Somatic Yoga
- Yin Yoga
- Prenatal Yoga (In person or virtual)
- Yin/Nidra Yoga

Mat Pilates

Practice mind/body awareness while increasing strength and flexibility in Mat Pilates. We offer a variety of weekly classes for men and women of all ages and ability levels.

- Pure Pilates
- Pilates Sculpt

New! Physical Therapy Led Focus Classes

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.

- April focus: Core 101
- May focus: Strengthening 101
- June focus: Cardio 101

Cardio

A fat burning workout which takes you through a variety of cardio and strength training exercises to maximize calorie burn. Each circuit includes 3 to 4 exercises for hips, glutes, thighs, abs, and upper body followed by 2 minutes of high-intensity cardio.

- Jump

Pricing for Physical Therapy Wellness Classes, Yoga, Mat Pilates, Strength Training and Cardio:

Drop In: \$16	NEW! Unlimited Monthly Passes Fitness & Yoga classes: \$99/month EBP: \$169/month
10-Pass: \$15	
20-Pass: \$14	
30-Pass: \$13	

PERSONAL TRAINING, EBP, ANTIGRAVITY®

Personal Training and Health Coaching

We encourage individualized programming for balance in strength, flexibility, and endurance, keeping in mind your unique needs and goals. Consider scheduling with our Personal Trainers for a thorough evaluation, recommendations for programming, and guidance in getting started or for ongoing training. We also offer private one-on-one, duet, or small group sessions

**Pricing varies from \$75 to \$125 for private session dependent on service and provider.
Call for custom appointment.**

Equipment Based Pilates

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 class.

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

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

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.

- AntiGravity®

AntiGravity® Pricing:
Drop In: \$25
10 for \$200

Cardio equipment use
\$5 single session
\$35 monthly unlimited
\$31.50 auto-renew
monthly contract

Use of cardio equipment is free with 10/20/30 punchcards

STATERA INSTRUCTORS

At Statera, we believe in health and wellness - mind, body, spirit, and 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 Hermesen
Certified Registered Yoga Instructor



Jodi Fritz
Certified Registered Yoga Instructor



Tricia Serres, DPT
Physical Therapist,
Personal Trainer