

NEWSLETTER

APRIL 2026 | (563) 207-8932

“

Getting healthy isn't just about losing weight. It's not limited to adjusting our diet and hoping for good physical results. It's about recalibrating our souls so that we want to change - spiritually, physically, and mentally. And the battle really is in all three areas.”

~Lysa TerKeurst

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 NEWSET TEAM MEMBER

Welcome Angel Kelly! Angel has joined our Front Desk team.

Join Our Team:

- Physical Therapist
- Mental Health Counselor

Learn more:

<https://www.stateraintegrated.com/join-our-team>



- 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, 4/6, 4:00-5:30 pm, Free, with Amy McFadden, Physical Therapist

Community Acupuncture, 4/16, appointments available 5:00-7:00 pm, \$40, with Ashley Straka, Acupuncturist

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.

