



**STATERA**

Integrated Health & Wellness Solutions

## **Sue Webber ~ Certified Pilates Instructor**

Sue Webber earned her certificate to teach Mat & Reformer Pilates through Balanced Body in 2011 and is now certified to teach all apparatus; including Cadillac, Chair & Barrel. She has also completed coursework on Pilates for Neurological Conditions, led by Dr. Brett Anderson PhD, PT. She has been teaching Pilates in Dubuque since 2011.

Whether I'm teaching a group class or a private session, I try to brighten your day, challenge you, and encourage you to get the most out of your class. You can expect a light-hearted atmosphere, but I want you to feel the work of Pilates!

I will always offer safe modifications for all levels and remind you to have patience with yourself, especially if you are injured or have limited mobility. The positive changes I see in clients inspires me! As you build strength, become more flexible, and make your health a priority, you will feel like a new person!

I'm a mom of four who started Pilates in 2006 to practice self-care and get in shape. I want to be strong and flexible for many years to come - a goal I also integrate for my clients.

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*breathe... inhale hope. exhale healing.*

## Sue Webber ~ Certified Pilates Instructor



- Certified Pilates Instructor
- Small Group & Private Classes
- Mat class instruction
- Pilates on the Oov
- Equipment Based Pilates

### **Statera Integrated Health and Wellness Solutions**

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**At Statera** we bring together traditional medicine, holistic healing, fitness, nutrition and yoga under one roof. Our multidisciplinary team of providers work together to address your healthcare needs mind, body and spirit.

