

FITNESS & PILATES

3375 Lake Ridge Drive, Dubuque

(563) 207-8932

www.stateraintegrated.com/fitness-pilates

Equipment-Based Pilates, Mat Pilates, & AntiGravity®

AntiGravity® is a challenging aerial fitness workout suitable for all fitness levels. It features a sequence of movements designed to enhance flexibility, mobility, and balance, while also promoting muscle relaxation and building strength. Although not all exercises involve inversions, you will enjoy plenty of hang time between different moves.

Pilates is a physical fitness system that focuses on core stability, posture, flexibility, and overall body awareness. The primary goal of Pilates is to strengthen and balance the entire body, with a particular focus on building the “powerhouse,” which includes the abdominal muscles, lower back, hips, and glutes.

The two principal categories of Pilates—mat Pilates and equipment Pilates—both adhere to these foundational principles but use different approaches and tools to achieve results.

Mat Pilates:

- **Mat Pilates Blend**
- **Pilates Flow**
- **Pilates Tone & Sculpt**
- **Pilates Sculpt & Flow**
- **Pilates Build & Burn**
- **Pilates Props**

Equipment-Based Pilates (EBP):

**For your safety, a one-on-one introductory Pilates session (\$75) is required before you can enroll in EBP classes.*

- **Level 1, 2, 3, or Multi-Level**
- **Pilates Fitness**
- **Active Aging**
- **Bone Health**
- **60+ Equipment-Based Pilates**
- **Chair EBP**

Pricing for Equipment-Based Pilates, Mat Pilates, & AntiGravity®

Drop In: \$28

10-Pass: \$252 (\$25.20ea)

20-Pass: \$476 (\$23.80ea)

30-Pass: \$672 (\$22.40ea)

30-Day Unlimited: \$169/month

Private Mat Pilates, Oov, AntiGravity®, and Equipment-Based Pilates Sessions are available. Call 563-207-8932 to learn more.



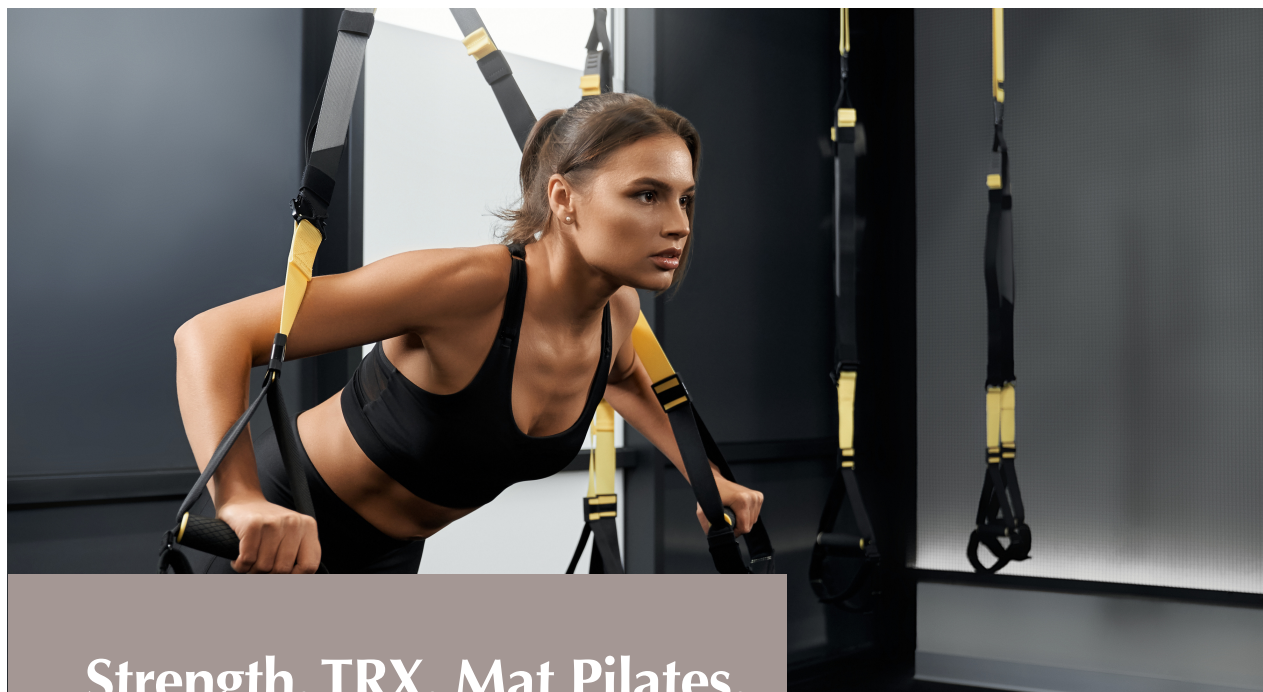
FREE Strong September Challenge

Join us this September for a month-long wellness challenge designed to help you build simple, sustainable habits that support your overall health and well-being. Participants will receive a daily habit tracker, access to a private Facebook group for encouragement, accountability, and weekly education, plus practical tips to help make healthy habits stick. Whether you're just getting started or looking to reset your routine, this challenge is open to everyone!

To be a part of the challenge, join our private Facebook group: <https://www.facebook.com/groups/1888769865127385>

Build core strength, improve flexibility, & restore balance.

September 2026



Strength, TRX, Mat Pilates, Oov, Healthy Aging, Yoga, & Mindfulness Meditation

Strength: Explore a variety of strength-focused classes designed to help you build muscle, improve balance and stability, increase endurance, and move with confidence. With a range of class formats and intensity levels, there's an option for every fitness level and experience.

- **Arms + Glutes**
- **Core + Conditioning**
- **TRX**

Oov: Its unique shape mimics the body's curves to protect and lengthen the spine, creating three-dimensional movement patterns that target deep core strength.

Healthy Aging Classes

- **Strength + Stability**
- **Mobility + Recovery**

Mat Pilates

- **Mat Pilates Blend**
- **Pilates Flow**
- **Pilates Tone & Sculpt**
- **Pilates Sculpt & Flow**
- **Pilates Build & Burn**
- **Pilates Props**

Yoga

- **Cardio + Strength + Yoga**
- **Yin Yoga**

Breath, Mindfulness, & Meditation



Pricing for Strength, TRX, Mat Pilates, Healthy Aging, Yoga, & Meditation:

Drop In: \$16
10-Pass: \$150 (\$15ea)
20-Pass: \$280 (\$14ea)
30-Pass: \$390 (\$13ea)
30-Day Unlimited: \$99/month

Personal Training and Health Coaching sessions are available. Call 563-207-8932 to learn more.

BEST VALUE: Our unlimited "All-Class Pass" provides access to all Equipment-Based Pilates, Mat Pilates, AntiGravity®, Strength, TRX, Oov, Healthy Aging, Yoga & Meditation classes for just \$241.20 per month.

