

HEALTHY LIFESTYLES

World Pilates Day: May 3

No Limb-Its

Join Amy McFadden, PT for FREE monthly gatherings where individuals living with limb loss can meet others with similar experiences and struggles.

Monday, May 5

4:00 PM - 5:30 PM

In the Kitchen:

Understanding Macros

We hear a lot about “macros” these days, but let’s talk about what they are and what’s REALLY important about them for YOU. Learn about proteins, fats, carbs, how to read labels, calculating macros and being able to apply it in your kitchen.

Thursday, May 15

5:00 PM - 6:30 PM

\$35

Community Acupuncture

Share the healing space with others in a relaxed community environment. Each participant will receive a 30- to 45-minute acupuncture treatment while comfortably relaxed on a reclining chair.

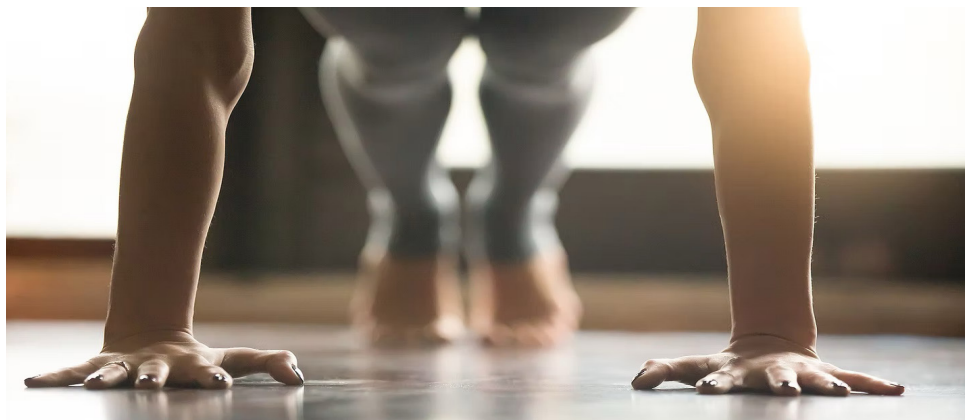
Thursday, May 15

5:00 PM - 6:30 PM

\$40



Statera is honored to have the trust of our community and remains committed to providing exceptional care.



What is Pilates?

Statera Pilates Team

Pilates is a system of repetitive exercises performed on a yoga mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core. The technique cultivates awareness of the body to support everyday movements that are efficient and graceful.

Pilates advocates tout the core-strengthening benefits of the method to improve posture and balance. Pilates targets the “powerhouse” muscles, which include the glute muscles, hips, pelvic floor, and lower back. Similar to yoga, the Pilates Method encourages deep, conscious breathing. Pilates is widely used in rehabilitation settings but is also beneficial to fitness advocates and elite athletes alike.

Trunk stability through core engagement is the most important aspect of Pilates training since it dictates how the body moves, not just in the studio or gym but in daily life. For Joseph Pilates, creator of the Pilates method of exercise, the goal was to create a method that would allow the body to move with grace, ease, and efficiency. Such a body has to be both strong and flexible, and it has certain qualities of movement, such as being centered and balanced; fluid yet controlled. These qualities, or Pilates principles, are applied in every Pilates exercise. By practicing functional movement patterns, muscles are developed evenly, appearing long and lean. Achieving strength without bulk draws many people to Pilates.

Deep breathing is also fundamental to Pilates. This means exhaling fully with every exhale to empty the lungs of stale air and invite fresh oxygen to flow in. Improved breathing and circulation allow the body to function optimally from the inside out.

If you’re wondering whether Pilates is right for you, consider what it is you’re aiming to achieve. With Pilates, you will get stronger, improve your balance, and increase your awareness of your body and how it moves. Strengthening your core while developing whole-body strength could improve your performance in another sport, decrease low back pain, improve efficiency in everyday activities, increase your balance, and more.

	Equipment Based Pilates (EBP) AntiGravity®			Fitness, Yoga & Meditation			Fitness, Yoga, Oov & Healthy Aging Wellness Classes • Drop In: \$16 • 10-Pass: \$150 (\$15ea) • 20-Pass: \$280 (\$14ea) • 30-Pass: \$390 (\$13ea) 30-Day Unlimited: \$99 Equipment Based Pilates(EBP) & AntiGravity® • Drop In: \$28 (\$25.20ea) • 20-Pass: \$476 (\$23.80ea) • 30-Pass: \$672 (\$22.40ea) 30-Day Unlimited: \$169/month Fitness, Yoga, Oov & Healthy Aging Wellness Classes Equipment Based Pilates (EBP) and AntiGravity® \$241.20/month
MON	8:00-8:50 am	Multi-Level EBP	Malia	9:00-9:50 am	Strength & Balance	Nicole	
	9:00-9:50 am	Level 2 EBP	Malia	10:00-10:50 am	Stretch	Nicole	
	4:30-5:20 pm	Level 1/2 EBP	Malia	12:00-12:50 pm	Power Sculpt	Allie	
	4:30-5:20 pm	Mat/EBP	Shannon				
	6:30-7:20 pm	Level 1 EBP	Shannon				
TUE	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength/Yoga	Tobey	
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey	
	10:00-10:50 am	Level 1 EBP	Sue	5:30-6:20 pm	Flow Yoga	Tobey	
	11:00-11:50 am	60+ Restorative EBP	Malia				
	4:30-5:20 pm	Multi-Level EBP	Malia				
WED	5:30-6:20 pm	Antigravity	Malia				
	8:00-8:50 am	Pilates Fitness	Malia	9:00-9:50 am	Strength & Balance	Nicole	
	9:00-9:50 am	Pilates Fitness	Malia	10:00-10:50 am	Stretch	Nicole	
	4:00-4:50 pm	Bone Health EBP	Malia	4:00-4:50 pm	Balanced Wellness	Nicole	
	5:00-5:50 pm	Pilates Fitness	Malia				
THUR	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength Yoga	Tobey	
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey	
	10:00-10:50 am	Level 1 EBP	Sue				
	4:30-5:20 pm	Multi-Level EBP	Shannon				
	5:30-6:20 pm	Level 1 EBP	Shannon				
FRI	9:00-9:50 am	Chair EBP	Malia	9:00-9:50 am	Breath, Mindfulness, Meditation	Nicole	
	11:00-11:50 am	60+ Restorative EBP	Malia	10:00-10:50 am	Oov	Malia	
				11:00-11:50 am	TRX	Allie	
				12:00-12:50 pm	Power Sculpt	Allie	
SAT	7:30-8:20 am	Multi-Level EBP	Malia	9:00-9:50 am	jo-yo (every other Saturday)	Kailey	
	8:30-9:20 am	Active Aging EBP	Malia				
	9:30-10:20 am	Multi-Level EBP	Malia				
	10:30-11:20 am	Multi-Level EBP	Malia				



Statera Integrated Health & Wellness

Mother's Day Glow

This Mother's Day, we invite you to treat Mom (or yourself- you deserve it!) to unwind with a deeply restorative 90-minute Dermaplane facial, enhanced by the healing benefits of LED light therapy. This luxurious treatment begins with gentle exfoliation to reveal smooth, radiant skin, followed by a soothing LED light session designed to calm, restore, and revitalize from within.



90-minute Dermaplane Facial w/ LED Light Add-On
\$145
(\$25 savings)

Valid from: May 16-May 31
3375 Lake Ridge Drive
563-207-8932
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A BIG THANK YOU TO OUR DEDICATED NURSING TEAM!

HAPPY NATIONAL NURSES WEEK! MAY 6-12

The world is a better place because of all that you do.

