

STATERA September 2024 Fitness



Equipment Based Pilates (EBP)

AntiGravity®

Fitness, Yoga & Meditation

Day	Time	Class	Instructor	Time	Class	Instructor
MON	8:00-8:50 am	Multi-Level EBP	Malia	9:00-9:50 am	Stable and Strong	Allie
	9:00-9:50 am	Level 2 EBP	Malia	10:00-10:50 am	Fit Foundations for Life	Allie
	4:30-5:20 pm	Level 1/2 EBP	Malia	12:00-12:50 pm	Power Sculpt	Allie
	5:30-6:20 pm	Level 1 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			
	5:30-6:20 pm	AntiGravity	Malia			
WED	8:00-8:50 am	Pilates Fitness	Malia	9:00-9:50 am	Stable and Strong	Nicole
	9:00-9:50 am	Pilates Fitness	Malia	10:00-10:50 am	Fit Foundations for Life	Nicole
	4:00-4:50 pm	Bone Health Fitness	Malia	4:30-5:20 pm	Iron Yoga	Tobey
	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			
	6:30-7:20 pm	Level 1 EBP	Shannon			
FRI	9:00-9:50 am	Chair EBP	Malia	10:00-10:50 am	Oov	Malia
	11:00-11:50 am	60+ Restorative EBP	Malia	11:00-11:50 am	TRX	Allie
				12:00-12:50 pm	Sweat and Shine	Allie
SAT	7:30-8:20 am	Multi-Level EBP	Malia	9:00-9:50 am	Sweat and Sculpt	Allie
	8:30-9:20 am	Active Aging EBP	Malia			
	9:30-10:20 am	Multi-Level EBP	Malia			
	10:40-11:30 am	AntiGravity	Malia			

• NEW CLASSES IN SEPTEMBER!

- Flow Yoga with Tobey Roling on Tuesday's from 5:30-6:20 pm
- TRX with Allie Saunders on Friday's from 11:00-11:50 am
- Sweat and Sculpt with Allie Saunders on Saturday's from 9:00-9:50 am

FITNESS, YOGA, and MEDITATION

Healthy Aging Wellness Classes

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

- Level 1 - Fit Foundations for Life
- Level 2 - Stable and Strong

Strength/Cardio

Focus on building muscle and endurance through resistance training and enhancing cardiovascular health that contribute to improved muscle tone, bone density, and increased metabolism.

- Power Sculpt
- Sweat and Shine
- Sweat and Sculpt
- TRX

Yoga

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

- Strength Yoga
- Barre Yoga
- Yin Yoga
- Iron Yoga (with light weights)
- Bone Density Strength Yoga
- Flow Yoga

Oov

Oov Pilates is a form of mat pilates that is dynamic, slow-movement training using the oov as a prop. The unique shape of the oov mimics the curves of the body to protect and lengthen the spine using three dimension movement patterns to target deep core strength.

EQUIPMENT BASED PILATES(EBP)

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.

For your safety, we require a one-hour private intro for all EBP classes. \$75

- Level 1 EBP
- Level 2 EBP
- Pilates Fitness
- Chair EBP
- 60+ Restorative EBP
- Multi-Level EBP
- Bone Health EBP

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.

PRICING

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/month

Equipment Based Pilates (EBP) & AntiGravity®

- Drop In: \$28
- 10-Pass: \$252 (\$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

STATERA INSTRUCTORS

At Statera, we believe in health and wellness—mind, body, spirit. Our highly trained coaches and instructors are ready to guide you to experience what this means.



Nicole Hutchison
PT, CSCS,
Holistic Health & Integrative Nutrition Coach



Malia Ridgway
Stott Certified Pilates, AntiGravity®, TRX & Halo Instructor



Shannon Hummel
Balanced Body Trained Pilates Instructor



Allie Saunders
Certified Personal Trainer and Health Coach



Sue Webber
Balanced Body Certified Pilates Instructor



Tobey Roling
Certified Yoga Instructor, Small Group Class Instructor



Lacy Knipper
Certified Prenatal Yoga Educator

We offer one-on-one sessions in Personal Training, Life and Wellness Coaching, Holistic Health and Integrative Nutrition Coaching, Yoga, Pilates, and AntiGravity®.

For more information on all classes or private session & pricing, please call: 563-207-8932 or visit our website: stateraintegrated.com/services