

NEWSLETTER

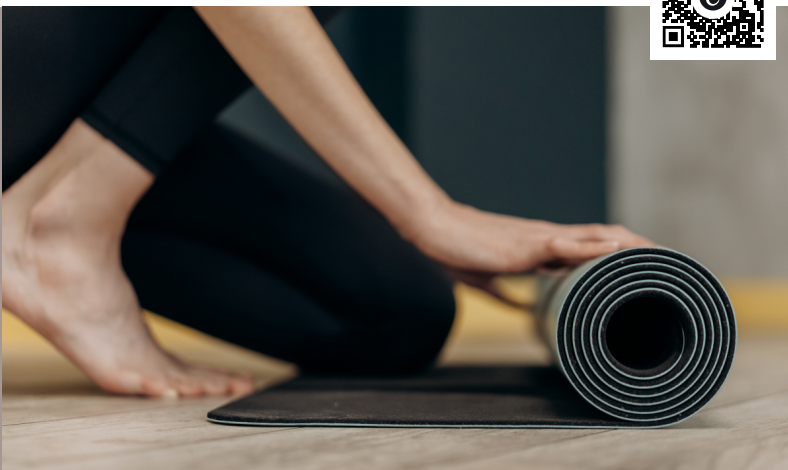
OCTOBER 2026 | (563) 207-8932

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“The staff at Statera is always so kind.” Joy R.

WORKING WITH YOUR HORMONES, NOT AGAINST THEM BY LORI BALLEW

Balancing hormones isn't about perfection. It's not about rigid rules, extreme diets, or perfectly timed workouts. It's about learning how your body works, supporting it with nourishment, and adjusting your habits in a way that feels realistic for your life. When you begin working with your body instead of against it, you often find that energy becomes more stable, workouts feel more effective, cravings feel more manageable, and you feel more connected to your body. And most importantly—you feel more in control of your health.



FLU SHOT CLINIC

Appointments Available:

Thursday, October 1

Monday, October 5

8:15 am-5:00 pm

Call 563-207-8932 to schedule.

* Open to primary care patients established with Dr. Hutchison, Emily Roling, Sydney Fox, or Rylee Sigwarth.

- Family Practice
- Functional Medicine
- Hormone Replacement Therapy
- Mental Health
- Health Coaching
- Personal Training
- Fitness & Pilates
- Chiropractic
- Physical Therapy
- Dry Needling
- Acupuncture
- Reflexology
- Massage Therapy
- Reiki, Sound Healing
- Esthetics

UPCOMING WORKSHOPS & EVENTS

Building Your Intuition, Protecting Your Energy, and Developing Your Personal Roadmap through Practical Exercises, 10/5, 5:30-7:30 pm, \$30, with Julie Haufe

Making Peace with What I Can't Control, Fridays starting 10/9, 10-11 am, \$40 for materials, with Nicole Hutchison

Cycle Syncing, 10/10, 9:00 am - Noon, \$75 or bring a friend: 2 for \$110, with Allie Saunders, Amber Horsley, and Lori Ballew

No Limb-its Amputee Social & Support Gathering, 10/19, 4:00-5:30 pm, Free, with Amy McFadden

Learn more: <https://www.stateraintegrated.com/workshops-events>





October 2026



Equipment-Based Pilates (EBP)*, Mat Pilates, & Antigravity®				Strength, TRX, Mat Pilates, Oov, Healthy Aging, Yoga, & Meditation			
MON	8:00-8:50 am	Multi-level EBP	Malia	8:30-9:20 am	Strength + Stability	Allie	
	9:00-9:50 am	Level 2 EBP	Malia	9:30-10:20 am	Mobility + Recovery	Allie	
	4:30-5:20 pm	Level 1 / 2 EBP	Malia	12:00-12:50 pm	Arms + Glutes	Allie	
	5:00-5:50 pm	Pilates Flow	Angel	5:00-5:50 pm	Pilates Flow	Angel	
	5:30-6:20 pm	Level 1 EBP	Lauren				
TUES	7:30-8:20 am	Multi-level EBP	Sue	9:00-9:50 am	Cardio+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	5:00-5:50 pm	Pilates Tone & Sculpt	Angel	
	11:00-11:50 am	60+ Restorative EBP	Malia				
	4:30-5:20 pm	Multi-level EBP	Malia				
	5:00-5:50 pm	Pilates Tone & Sculpt	Angel				
WED	5:30-6:20 pm	Antigravity	Malia				
	8:00-8:50 am	Pilates Fitness	Malia	8:30-9:20 am	Strength + Stability	Allie	
	9:00-9:50 am	Pilates Fitness	Malia	9:30-10:20 am	Mobility + Recovery	Allie	
	4:00-4:50 pm	Bone Health EBP	Malia	12:00-12:50 pm	Core + Conditioning	Allie	
THURS	5:00-5:50 pm	Pilates Fitness	Malia				
	7:30-8:20 am	Multi-level EBP	Sue	9:00-9:50 am	Cardio+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	5:00-5:50 pm	Pilates Sculpt & Flow	Angel	
	4:30-5:20 pm	Multi-level EBP	Lauren				
	5:00-5:50 pm	Pilates Sculpt & Flow	Angel				
FRI	5:30-6:20 pm	Level 1 EBP	Lauren				
	9:00-9:50 am	Chair EBP	Malia	8:00-8:50 am	TRX	Allie	
	11:00-11:50 am	60+ Restorative EBP	Malia	9:00-9:50 am	Breath, Mindfulness, Meditation	Nicole	
SAT				10:00-10:50 am	Oov	Malia	
	7:30-8:20 am	Multi-level EBP	Malia	9:00-9:50 am	Pilates Build & Burn	Maggie	
	8:30-9:20 am	Active Aging EBP	Malia	10:00-10:50 am	Pilates Props	Maggie	
	9:00-9:50 am	Pilates Build & Burn	Maggie				
	9:30-10:20 am	Multi-level EBP	Malia				
	10:00-10:50 am	Pilates Props	Maggie				
PRICING	10:30-11:20 am	Multi-level EBP	Malia				
	Drop In: \$28			Drop In: \$16			
	10-Pass: \$252 (\$25.20 ea)			10-Pass: \$150 (\$15.00 ea)			
	20-Pass: \$476 (\$23.80 ea)			20-Pass: \$280 (\$14.00 ea)			
	30-Pass: \$672 (\$22.40 ea)			30-Pass: \$390 (\$13.00 ea)			
	30-Day Unlimited: \$169/month			30-Day Unlimited: \$99/month			
	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.			*For your safety, a one-on-one introductory Pilates session (\$75) is required before you can enroll in EBP classes.			