

STATERA January 2024 Fitness



● Physical Therapy Wellness
● Yoga
● Equipment Based Pilates (EBP)
● AntiGravity®
● Zumba
● Oov/Mat Pilates

	PILATES STUDIO			OPEN STUDIO			WELLNESS STUDIO	
MON	8:00-8:50 am ● Multi-Level EBP 9:00-9:50 am ● Level 2 EBP 4:30-5:20 pm ● Level 1 EBP	Malia Malia Malia		9:00-9:50 am ● Stable and Strong 10:00-10:50 am ● Fit Foundations for Life 4:00-4:50 pm ● Bone Health 5:30-6:20 pm ● Barre/Yoga	Nicole Nicole Nicole Tobey			
TUES	7:30-8:20 am ● Multi-Level EBP 8:30-9:20 am ● Level 2 EBP 10:00-10:50 am ● Level 1 EBP 11:00-11:50 am ● 60+ Restorative EBP 4:30-5:20 pm ● Multi-Level EBP	Sue Sue Sue Malia Malia		6:00-6:50 am ● Essential Mat 9:30-10:20 am ● Restorative AntiGravity 5:30-6:20 pm ● AntiGravity	Shannon Malia Malia		9:00-9:50 am ● Strength/Yoga 10:00-10:50 am ● Yin Yoga	Tobey Tobey
WED	8:00-8:50 am ● Pilates Fitness 9:00-9:50 am ● Pilates Fitness 5:00-5:50 pm ● Pilates Fitness 4:00-4:50 pm ● Bone Health EBP	Malia Malia Malia Malia		9:00-9:50 am ● Stable and Strong 10:00-10:50 am ● Fit Foundations for Life 4:00-4:50 pm ● Stable and Strong 5:30-6:20 pm ● Zumba	Nicole Nicole Nicole Sara		5:30-6:20 pm ● Barre/Yoga	Tobey
THURS	7:30-8:20 am ● Multi-Level EBP 8:30-9:20 am ● Level 2 EBP 10:00-10:50 am ● Level 1 EBP 4:30-5:20 pm ● Multi-Level EBP	Sue Sue Sue Sue		6:00-6:50 am ● Essential Mat	Shannon		9:00-9:50 am ● Strength/Yoga 10:00-10:50 am ● Yin Yoga	Tobey Tobey
FRI	11:00-11:50 am ● 60+ Restorative EBP	Malia		9:00-9:50 am ● Chair EBP 10:00-10:50 am ● Oov	Malia Malia		9:00-9:50 am ● Yin Yoga	Tobey
SAT	8:30-9:20 am ● Multi-Level EBP 9:30-10:20 am ● Multi-Level EBP	Malia Malia		9:30-10:20 am ● Zumba 10:40-11:30 am ● AntiGravity	Sara Malia		9:00-9:50 am ● Yin Yoga 10:00-10:50 am ● Iron Yoga	Tobey Tobey

See reverse side of this schedule for details!

For more information and/or to enroll in our classes,
visit stateraintegrated.com/fitness-yoga or call 563-207-8932!

NEW
THIS
MONTH!

Healthier Me: Foundations of Health and Wellness is starting January 18th. This 6-week program is professionally designed to provide the basic principles and specific actions to set the stage for a long life of health and wellness.



FITNESS, YOGA, and MEDITATION

Physical Therapy 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

A beginner level class for those individuals looking to improve their balance, flexibility, and functional strength for daily activities. This class is a little slower paced and appropriate for clientele who are de-conditioned and/or hoping to improve their strength, stability, and safe mobility for activities of daily living. Exercises will be tailored to the needs of the individuals attending.

Level 2 - Stable and Strong

An intermediate/advanced level class for those individuals motivated for a little more challenge with higher level strengthening, core stability, mobility, and dynamic balance. This class will include full-body strengthening in various positions and requires a general understanding of basic exercises.

Bone Health Fitness

Yoga

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

- Strength Yoga
- Barre Yoga
- Yin Yoga
- Iron Yoga (with light weights)
- Prenatal Yoga (In person or virtual)
- Baby & Me Yoga

Oov/Mat Pilates

Mat Pilates is known for its emphasis on core strength, posture, and overall body awareness. It's a great option for those seeking a low impact, yet effective workout.

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.

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.

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

Zumba

Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Zumba combines all elements of fitness, including cardio, muscle conditioning, balance, and flexibility.

One-on-One Sessions

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 & pricing, please call: 563-207-8932.

PRICING

Fitness, Yoga, Oov & Physical Therapy Wellness classes

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

30-Day Unlimited:
\$99/month

Equipment Based Pilates (EBP) & AntiGravity®

- Drop In: \$28
- 10-Pass: \$252 (\$25.20 ea)
- 20-Pass: \$476 (\$23.80 ea)
- 30-Pass: \$669 (\$22.30 ea)

30-Day Unlimited:
\$169/month

Cardio Equipment Use

- Single session: \$5
- Monthly Unlimited: \$35
- Auto-Renew Monthly Contract: \$31.50

Use of cardio equipment is free the day of your scheduled class or appointment!

Workshops and prenatal yoga are priced separately.

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. We encourage individualized programming for balance in strength, flexibility, and endurance, keeping in mind your unique needs and goals.



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



Tricia Serres, DPT
Physical
Therapist,
Personal Trainer



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



Sue Webber
Balanced Body
Certified
Pilates
Instructor



Shannon Hummel
Balanced Body
Trained
Pilates
Instructor



Tobey Roling
Certified Yoga
Instructor,
Small Group
Class Instructor



Sara Vorwald
Zumba
Instructor



Lacy Knipper
Certified
Prenatal Yoga
Educator



Meghan Smith
Certified
Registered
Yoga Instructor

For more information and a complete list of Statera services, visit www.stateraintegrated.com/services.