

NEWSLETTER

NOVEMBER 2025 | (563) 207-8932

MIND-BODY CLASSES FALL PREVIEW

Saturday, November 1; 10:30-12:00; \$25
Open to the community, all ability levels.

Featuring:

- Malia Ridgway, Oov
- Lori Ballew, PiYo
- Tobey Roling, Yin Yoga



Sweater Weather

"It's beginning to look a lot like sweater weather with a diffuser blend of sweet Wild Orange, spicy Clove Bud, fresh Juniper Berry, and woody Cedarwood essential oils." ~doTERRA

- 2 drops Wild Orange
- 2 drops Clove Bud
- 1 drop Juniper Berry
- 1 drop Cedarwood

For more diffuser blend recipes for fall:
<https://www.doterra.com/CA/en/blog/healthy-living-november-diffuser-blends>



- Family Practice
- Functional Medicine
- Mental Health
- Life Coaching
- Couples Coaching
- Holistic Nutrition
- Integrative Health Coaching
- Chiropractic
- Physical Therapy
- Dry Needling
- Acupuncture
- Reflexology
- Massage Therapy
- Reiki, Sound Healing
- Esthetics



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"I highly recommend Dr. Amber Horsley for anyone seeking holistic care from a provider who truly listens and partners with her patients on their health journey."

Welcome to the TEAM



OUR NEWSET TEAM MEMBERS

Josh Miller, Licensed Massage Therapist
Now offering Therapeutic Custom Massage appointments.

Sarah Mitchell, Board Certified Psychiatric Nurse Practitioner
Complete our Client Request Form to be added to her waitlist for scheduling.

Elizabeth Belyeu, Emmaus Student
Supporting our team behind the scenes.

UPCOMING WORKSHOPS

No Limb-its Amputee Support Group, 11/3, 4:00-5:30pm, FREE
with Amy McFadden, Physical Therapist

Living with Anxiety, 11/13 5:00-6:30pm or 11/17 9:30-11:00am, \$35
with Nicole Hutchison, Integrative Health Coach

Prenatal Yoga, 5 weeks, beg. 11/17, 5:30-6:20pm, \$80
with Lacy Knipper, Birth Specialist

Comfort Measures, 11/17, 7:00-8:00pm, \$50
with Lacy Knipper, Birth Specialist

Community Acupuncture, 11/20, appointments available 4:30-6:30pm
with Ashley Straka, Acupuncturist

In the Kitchen: Simplify Breakfast, 11/20, 5:00-6:30pm, \$35
with Nicole Hutchison, Integrative Health Coach

STATERA November 2025 Fitness

Equipment Based Pilates (EBP) **Antigravity®**

Fitness, Yoga & Meditation

MON

8:00-8:50am Multi-level EBP Malia
 9:00-9:50am Level 2 EBP Malia
 4:30-5:20pm Level 1 / 2 EBP Malia
 4:30-5:20pm Mat Pilates Blend Shannon
 5:30-6:20pm Level 1 EBP Shannon

8:30-9:20am Strength & Balance Nicole
 9:30-10:20am Chair Fit Nicole
 4:30-5:20pm Mat Pilates Blend Shannon

TUES

7:30-8:20am Multi-level EBP Sue
 8:30-9:20am Level 2 EBP Sue
 10:00-10:50am Level 1 EBP Sue
 11:00-11:50am 60+ Restorative EBP Malia
 4:30-5:20pm Multi-level EBP Malia
 5:30-6:20pm Antigravity Malia

9:00-9:50am Cardio+Strength+Yoga Tobey
 10:00-10:50am Yin Yoga Tobey

WED

8:00-8:50am Pilates Fitness Malia
 9:00-9:50am Pilates Fitness Malia
 4:00-4:50pm Bone Health EBP Malia
 5:00-5:50pm Pilates Fitness Malia

8:30-9:20am Strength & Balance Nicole
 9:30-10:20am Stretch Nicole

THURS

7:30-8:20am Multi-level EBP Sue
 8:30-9:20am Level 2 EBP Sue
 10:00-10:50am Level 1 EBP Sue
 4:30-5:20pm Multi-level EBP Shannon
 5:30-6:20pm Level 1 EBP Shannon

9:00-9:50am Cardio+Strength+Yoga Tobey
 10:00-10:50am Yin Yoga Tobey
 5:30-6:20pm Flowlates Lori

FRI

9:00-9:50am Chair EBP Malia
 11:00-11:50am 60+ Restorative EBP Malia

9:00-9:50am Breath, Mindfulness, Meditation Nicole
 10:00-10:50am Oov Malia

SAT

7:30-8:20am Multi-level EBP Malia
 8:30-9:20am Active Aging EBP Malia
 9:30-10:20am Multi-level EBP Malia
 10:30-11:20am Multi-level EBP Malia

7:30-8:20am Pilates Sculpt Lori

PRICING

Drop In: \$28
10-Pass: \$252 (\$25.20ea)
20-Pass: \$476 (\$23.80ea)
30-Pass: \$672 (\$22.40ea)
30-Day Unlimited: \$169/month

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

Fitness, Yoga, Oov & Healthy Aging Wellness Classes, Equipment-Based Pilates (EBP) & AntiGravity®
\$241.20/month

