

563-207-8932

STATERA, LLC

APRIL 2026

WELCOME TO OUR

# Fitness, Pilates & Meditation Classes



## Fitness, Strength, Healthy Aging

**TRX:** Using TRX Suspension Training, this class blends strength, stability, and controlled movement to create a challenging yet approachable full-body workout. Intensity is adjustable, making it suitable for a wide range of fitness levels.

**Arms + Glutes, Core + Conditioning:** These classes alternate focused core work with strength-based conditioning to create a challenging, full-effort workout that feels productive and energizing.

**Healthy Aging, Strength & Balance, and Stretch:** These classes, led by a physical therapist, focus on improving range of motion, flexibility, toning, and balance.

## About Our Classes

At Statera we offer a wide variety of small group classes, to support your health and wellness. Open to men and women. Equipment provided.

## Oov

Oov is a dynamic, low-impact, slow-movement training method. Its unique shape mimics the curves of the body to protect and lengthen the spine, and it creates 3-dimensional movement patterns targeting deep core strength.



## Breath, Mindfulness & Meditation

This tranquil session focuses on techniques that help reduce stress, enhance focus and foster a deeper connection with yourself. Experience the transformative power of mindfulness and elevate your overall well-being!



## Pricing

### **Fitness/Yoga/Mat Pilates/Oov**

Single Session \$16

10/20/30 Sessions \$150/\$280/\$390

30-Day Unlimited Sessions \$99

### **Equipment-Based Pilates/AntiGravity**

Single Session \$28

10/20/30 Sessions \$252/\$476/\$672

30-Day Unlimited Sessions \$169

**30-Day Unlimited All-Class Pass \$241.20**



## Mat Pilates

**Mat Pilates Blend:** A dynamic mat Pilates class that blends traditional mat exercises with the versatility of the Pilates chair and arc. Build core strength, improve flexibility, and enhance body awareness through flowing sequences designed to challenge and support your body.

**Pilates Sculpt:** Elevate your Pilates practice with this dynamic, full-body workout that blends classic Pilates precision with the power of resistance training. Using light weights, resistance bands, a Pilates ball, and yoga blocks, you'll strengthen and sculpt every muscle while improving posture, core stability, and flexibility. Expect fluid sequences, targeted toning, and mindful movement that leaves you feeling strong, centered, and energized.

## Yoga

**Cardio + Strength + Yoga:** Experience the perfect blend of low-impact cardio, strength training, and Yoga in this energizing class. Build strength and reduce body fat while improving balance and lengthening your body.

**Yin Yoga:** A quiet, meditative practice that involves holding passive poses for extended periods. Using mindful muscle relaxation, yin postures target the connective tissue nourishing joints, ligaments, and fascia, promoting the healthy flow of chi (energy).



## Equipment Based Pilates

**Level 1:** Learn the basic principles and essential reformer repertoire while beginning to practice the mind/body connection through movement.

**Level 2:** Designed to challenge the experienced Pilates student while deepening their understanding of mind/body movement.

**Multi-Level EBP:** Essential to the most experienced Pilates student can join in this class. All exercises will have regressions for those just beginning to explore Pilates and progressions to challenge those familiar with the repertoire.

**Pilates Fitness:** A Level 2 Equipment-Based Pilates class with something new every week! Workouts are fast-paced.

**Chair EBP:** The spring tension of the Pilates Chair provides the needed resistance to access deep stabilizing muscles to strengthen, stretch, and balance the body. Multi-level.

**Active Aging:** Focuses on movements to improve strength, balance, flexibility, and mobility while fostering a mind-body connection to support an active lifestyle.

**60+ Restorative EBP:** A slower-paced class designed for mature clients, this class focuses on increasing strength and flexibility.

**Bone Health EBP:** Specifically designed for clients that want to focus on prevention of osteopenia or osteoporosis, or those who have an existing diagnosis.

### AntiGravity

AntiGravity is a challenging workout for all fitness levels that flows through movements, allowing you to improve flexibility, mobility, balance and releasing muscles while building strength. Not all movements are inversions, but you will have enough hang time in between other exercises.

3375 Lake Ridge Drive | Dubuque, IA 52003 | (563) 207-8932

*WWW.STATERAINTEGRATED.COM*