



STATERA

Integrated Health & Wellness Solutions

Shannon Hummel
Certified Balanced Body
Pilates Instructor

Shannon's philosophy of care focuses on supportive, empowering movement that builds strength, confidence, and longevity while helping clients feel capable, successful, and joyful in their bodies.

- Mat Class Instruction Pilates
- Equipment-Based Pilates
- Private Sessions & Classes

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Shannon completed her Balanced Body training in Equipment-Based Pilates (EBP) in June 2023 and is currently student teaching. She began her personal Pilates practice in 2018 to get back in shape after having her four children.

Pilates gave me a stronger body, but it also brought more joy and confidence into my everyday life, which inspired me to share it with others. My goal is to provide movement sequences that help you feel strong and capable. I offer cheerful cueing and modifications throughout my classes so you can move well and feel successful. I've been amazed by what my body is capable of after five years of Pilates, and I'm excited to help you discover your potential too. My hope is to add years to your life and life to your years.

Outside of teaching Pilates, I homeschool my four children and support my husband, who runs his own business. As a family, we love playing board games, reading books, and traveling together. My kids also enjoy joining in my Pilates workouts at home whenever they can.



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