

STATERA March 2024 Fitness



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

	PILATES STUDIO	OPEN STUDIO	WELLNESS STUDIO
MON	8:00-8:50 am ● Multi-Level EBP Malia 9:00-9:50 am ● Level 2 EBP Malia 4:30-5:20 pm ● Level 1 EBP Malia	9:00-9:50 am ● Stable and Strong Nicole 10:00-10:50 am ● Fit Foundations for Life Nicole 12:00-12:50 pm ● Power Sculpt Allie 4:00-4:50 pm ● Bone Health Nicole 5:30-6:20 pm ● Barre/Yoga Tobey	
TUES	7:30-8:20 am ● Multi-Level EBP Sue 8:30-9:20 am ● Level 2 EBP Sue 10:00-10:50 am ● Level 1 EBP Sue 11:00-11:50 am ● 60+ Restorative EBP Malia 4:30-5:20 pm ● Multi-Level EBP Malia	6:00-6:50 am ● Essential Mat Shannon 9:30-10:20 am ● Restorative AntiGravity Malia 5:30-6:20 pm ● AntiGravity Malia	9:00-9:50 am ● Strength/Yoga Tobey 10:00-10:50 am ● Yin Yoga Tobey
WED	8:00-8:50 am ● Pilates Fitness Malia 9:00-9:50 am ● Pilates Fitness Malia 5:00-5:50 pm ● Pilates Fitness Malia 4:00-4:50 pm ● Bone Health EBP Malia	9:00-9:50 am ● Stable and Strong Nicole 10:00-10:50 am ● Fit Foundations for Life Nicole 4:00-4:50 pm ● Stable and Strong Nicole	5:30-6:20 pm ● Barre/Yoga Tobey
THURS	7:30-8:20 am ● Multi-Level EBP Sue 8:30-9:20 am ● Level 2 EBP Sue 10:00-10:50 am ● Level 1 EBP Sue 4:30-5:20 pm ● Multi-Level EBP Sue	6:00-6:50 am ● Essential Mat Shannon	9:00-9:50 am ● Strength/Yoga Tobey 10:00-10:50 am ● Yin Yoga Tobey
FRI	11:00-11:50 am ● 60+ Restorative EBP Malia	9:00-9:50 am ● Chair EBP Malia 10:00-10:50 am ● Oov Malia 11:00-11:50 am ● Sweat and Shine Allie 12:00-12:50 pm ● Power Sculpt Allie	9:00-9:50 am ● Yin Yoga Tobey
SAT	8:30-9:20 am ● Multi-Level EBP Malia 9:30-10:20 am ● Multi-Level EBP Malia	10:40-11:30 am ● AntiGravity Malia	9:00-9:50 am ● Yin Yoga Tobey 10:00-10:50 am ● Iron Yoga 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!**

-3-week Beginner's Pilates Workshop with Shannon Hummel starting March 4th
 -Two NEW classes with Allie Saunders: Power Sculpt and Sweat and Shine on Monday's and Friday's



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

Strength/Cardio

Focus on building muscle and endurance through resistance training and enhancing cardiovascular health that contribute to improved muscle tone, bone density, and increased metabolism.

• Power Sculpt -

Tailored for all fitness levels, this dynamic session is crafted to sculpt and tone your body while boosting strength and endurance.

• Sweat and Shine -

Cardio-focused session that is carefully curated to bring the perfect blend of intensity and fun, combining dynamic movements, heart-pounding rhythms, and bodyweight exercises.

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

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

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.

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.

PRICING

Fitness, Yoga, Oov & Physical Therapy Wellness classes

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

30-Day Unlimited:
\$99/month

Equipment Based Pilates (EBP) & AntiGravity®

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

30-Day Unlimited:
\$169/month

Cardio Equipment Use

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



Allie Saunders
Certified
Personal Trainer
and Health
Coach



Lacy Knipper
Certified
Prenatal Yoga
Educator

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