



# SEPTEMBER

- Physical Therapy Wellness
- Mat Pilates
- Equipment Based Pilates
- Meditation
- AntiGravity®
- Yoga
- Strength Training
- Cardio

	PILATES STUDIO		OPEN STUDIO		WELLNESS STUDIO	
MON	9:00-9:50 am ● Level 2 EBP 3:30-4:20 pm ● Level 1 EBP	Malia Malia	9:00-9:50 am ● Stable and Strong 10:00-10:50 am ● Fit Foundations for Life	Tricia Tricia	4:30-5:20 pm ● Barre/Yoga	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 12:00-12:50pm ● 60+ Restorative EBP 4:30-5:20 pm ● Multi-Level EBP	Sue Sue Sue Malia Malia Malia	9:00-9:50 am ● Strength/Yoga	Tobey	5:30-6:20 pm ● Antigravity 10:00-10:50 am ● Hatha Yoga	Malia Tobey
WED	5:00-5:50 pm ● Zenga	Malia	9:00-9:50 am ● Chair EBP 10:00-10:50 am ● Fit Foundations for Life 4:30-5:20 pm ● Core Stabilization 101	Malia Tricia Nicole	8:00-8:50 am ● Morning Mix Yoga 9:00-9:50 am ● Stable and Strong 10:00-10:50 am ● Trauma Yoga 4:30-5:20 pm ● Barre/Yoga	Tonia Tricia Tonia 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	9:00-9:50 am ● Strength/Yoga 10:00-10:50 am ● Hatha Yoga	Tobey Tobey	12:10-12:30 pm ● Lunchtime Meditation (free) <b>NOW ONLINE ONLY!</b> Facebook Live - visit <a href="http://www.facebook.com/StateraIntegrated">www.facebook.com/StateraIntegrated</a>	Tonia
FRI	9:00-9:50 am ● Friday Flip 10:00-10:50 am ● 60+ Restorative EBP 11:00-11:50 am ● 60+ Restorative EBP	Malia 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	9:00-9:50 am ● Iron Yoga	Tobey	8:00-8:50 am ● Yin Yoga 10:30-11:20 am ● Antigravity	Tobey Malia

At Statera, our small group personal training atmosphere allows for individualized attention to fit your unique fitness needs and goals. **Private sessions are also available! Call 563-207-8932 to schedule.**

For more information on our class offerings and to enroll in a class - see reverse of this schedule or visit [stateraintegrated.com/fitness-yoga](http://stateraintegrated.com/fitness-yoga)

# FITNESS & YOGA

## 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.

## Yoga

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

- Strength Yoga
- Barre Yoga
- Iron Yoga (with light weights)
- Hatha Yoga
- Trauma Yoga
- Yin Yoga
- Prenatal Yoga (In person or virtual)
- Morning Mix Yoga

## Mat Pilates

Practice mind/body awareness while increasing strength and flexibility in Mat Pilates. We offer a variety of weekly classes for men and women of all ages and ability levels.

\* not currently offered during summer months

## New! Physical Therapy Led Focus Classes

**Only on first 3 Wednesdays of the month**

Classes are education based on special topics that will rotate monthly. Learn foundational principles, correct form and technique, and build confidence in how to move your body safely and effectively. Modifications provided for special needs. Open to all ages, recommended for beginner to intermediate levels.

- **September focus:** Core Stabilization 101

**Private sessions now being offered for Yoga, Prenatal Yoga, Mat Pilates, EBP and Antigravity!**

### Pricing for Fitness/Yoga: (excluding EBP and Antigravity)

Drop In: \$16	<b>NEW!</b> 30-day Unlimited
10-Pass: \$15	Fitness & Yoga classes: \$99/month
20-Pass: \$14	EBP: \$169/month
30-Pass: \$13	

## PERSONAL TRAINING, EBP, ANTIGRAVITY®

### Personal Training and Health Coaching

We encourage individualized programming for balance in strength, flexibility, and endurance, keeping in mind your unique needs and goals. Consider scheduling with our Personal Trainers for a thorough evaluation, recommendations for programming, and guidance in getting started or for ongoing training. We also offer private one-on-one, duet, or small group sessions

Call for more information or to schedule, visit <https://www.stateraintegrated.com/service>

### Equipment Based Pilates

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.

**A private intro class is a mandatory prerequisite to all EBP class.**

- Zenga
- Friday Flip
- Chair EBP - Level 1/2
- 60+ Restorative EBP
- Level 1 EBP - Basic
- Level 2 EBP - Intermediate
- Level 1/2 EBP - Basic+
- Multilevel EBP

#### EBP Pricing:

Drop In: \$28
10-Pass: \$25.20
20-Pass: \$23.80
30-Pass: \$22.30

**30-day Unlimited EBP: \$169**

### 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.

- AntiGravity®

#### AntiGravity® Pricing:

Drop In: \$25
10 for \$200

Cardio equipment use  
\$5 single session  
**\$35 monthly unlimited**  
\$31.50 auto-renew  
monthly contract

Use of cardio equipment is free  
with 10/20/30 punchcards,  
Unlimited Monthly Pass or  
Coaching packages!

# STATERA INSTRUCTORS

At Statera, we believe in health and wellness - mind, body, spirit, and 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  
Health Coach



**Tobey Roling**  
Certified Yoga Instructor,  
Small Group Class Instructor



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



**Sue Webber**  
Certified Pilates Instructor



**Lacy Knipper**  
Certified Prenatal Yoga Educator



**Tonia Mayerle**  
Ayurveda Yoga Instructor



**Amye Valant**  
Certified Pilates Instructor



**Lynn Randall**  
Certified Yoga Instructor  
Chiropractor



**Meghan Hermsen**  
Certified Registered Yoga Instructor



**Tricia Serres, DPT**  
Physical Therapist,  
Personal Trainer