

# STATERA December 2023 Fitness



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

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

**See reverse side of this schedule for details!**  
**For more information and/or to enroll in our classes,**  
**visit [stateraintegrated.com/fitness-yoga](http://stateraintegrated.com/fitness-yoga) or call 563-207-8932!**

**\*NEW\*  
THIS  
MONTH!**

-No classes on 12/23 & 12/25 due to the holiday!  
 -Zumba is added to Saturday mornings from 9:30-10:20 a.m.  
 facilitated by Sara, skipping 12/16 due to Baby and Me Yoga using  
 the open studio.



# 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

## 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

## 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.

## 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

## Zumba

Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Zumba combines all elements of fitness, including cardio, muscle conditioning, balance, and flexibility.

## 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.

## PRICING

### Fitness, Yoga, Oov & Physical Therapy Wellness classes

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

**30-Day Unlimited:**  
\$99/month

### Equipment Based Pilates (EBP) & AntiGravity®

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

**30-Day Unlimited:**  
\$169/month

### Cardio Equipment Use

- Single session: \$5
- Monthly Unlimited: \$35
- Auto-Renew Monthly Contract: \$31.50

*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



**Sara Vorwald**  
Zumba Instructor



**Lacy Knipper**  
Certified Prenatal Yoga Educator



**Meghan Smith**  
Certified Registered Yoga Instructor

For more information and a complete list of Statera services, visit [www.stateraintegrated.com/services](http://www.stateraintegrated.com/services).