

# STATERA November 2024 Fitness



## Equipment Based Pilates (EBP)

### AntiGravity®

## Fitness, Yoga & Meditation

Day	Time	Class	Instructor	Time	Class	Instructor
MON	8:00-8:50 am	Multi-Level EBP	Malia	9:00-9:50 am	Stable and Strong	Allie
	9:00-9:50 am	Level 2 EBP	Malia	10:00-10:50 am	Fit Foundations for Life	Allie
	4:30-5:20 pm	Level 1/2 EBP	Malia	12:00-12:50 pm	Power Sculpt	Allie
	5:30-6:20 pm	Level 1 EBP	Shannon			
	6:30-7:20 pm	Level 1 EBP	Shannon			
TUE	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength/Yoga	Tobey
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey
	10:00-10:50 am	Level 1 EBP	Sue	5:30-6:20 pm	Flow Yoga	Tobey
	11:00-11:50 am	60+ Restorative EBP	Malia			
	4:30-5:20 pm	Multi-Level EBP	Malia			
	5:30-6:20 pm	AntiGravity	Malia			
WED	8:00-8:50 am	Pilates Fitness	Malia	9:00-9:50 am	Stable and Strong	Nicole
	9:00-9:50 am	Pilates Fitness	Malia	10:00-10:50 am	Fit Foundations for Life	Nicole
	4:00-4:50 pm	Bone Health Fitness	Malia	4:30-5:20 pm	Iron Yoga	Tobey
	5:00-5:50 pm	Pilates Fitness	Malia			
THUR	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength Yoga	Tobey
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey
	10:00-10:50 am	Level 1 EBP	Sue			
	4:30-5:20 pm	Multi-Level EBP	Shannon			
	5:30-6:20 pm	Level 1 EBP	Shannon			
	6:30-7:20 pm	Level 1 EBP	Shannon			
FRI	9:00-9:50 am	Chair EBP	Malia	10:00-10:50 am	Oov	Malia
	11:00-11:50 am	60+ Restorative EBP	Malia	11:00-11:50 am	TRX	Allie
				12:00-12:50 pm	Sweat and Shine	Allie
SAT	7:30-8:20 am	Multi-Level EBP	Malia			
	8:30-9:20 am	Active Aging EBP	Malia			
	9:30-10:20 am	Multi-Level EBP	Malia			
	10:40-11:30 am	AntiGravity	Malia			

**Happy Thanksgiving! In honor of the holiday, Statera will be closed on 11/28 and 11/29 to allow our staff time to celebrate with their families.**

**Living Well Series: Blood Sugar Management - November 7th from 5:30 - 7:30 p.m. in the Open Studio, \$45 per person**

# FITNESS, YOGA, and MEDITATION

## Healthy Aging 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
- Level 2 - Stable and Strong

## 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
- Sweat and Shine
- Sweat and Sculpt
- TRX

## Yoga

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

- Strength Yoga
- Flow Yoga
- Yin Yoga
- Iron Yoga (with light weights)

## Oov

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.

## 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
- Level 2 EBP
- Pilates Fitness
- Chair EBP
- 60+ Restorative EBP
- Multi-Level EBP
- Bone Health EBP

## 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.

## PRICING

### Fitness, Yoga, Oov & Healthy Aging 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: \$672 (\$22.40ea)

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

**Fitness, Yoga, Oov & Healthy Aging Wellness Classes  
Equipment Based Pilates (EBP) and AntiGravity®**  
\$241.20/month

We offer one-on-one sessions in Personal Training, Eating Disorder Recovery Coaching, Holistic Health and Integrative Nutrition Coaching, Yoga, Pilates, and AntiGravity®.

For more information on all classes or private session & pricing, please call: 563-207-8932 or visit our website: [stateraintegrated.com/services](http://stateraintegrated.com/services)

# 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.



**Nicole Hutchison**  
PT, CSCS,  
Holistic Health & Integrative Nutrition Coach



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



**Shannon Hummel**  
Balanced Body Trained Pilates Instructor



**Allie Saunders**  
Certified Personal Trainer and Health Coach



**Sue Webber**  
Balanced Body Certified Pilates Instructor



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



**Lacy Knipper**  
Certified Prenatal Yoga Educator