



**STATERA**

Integrated Health & Wellness Solutions

**Malia Ridgway ~ Stott Certified Pilates,  
TRX, AntiGravity®**

Malia's Pilates specializations include Mat, Reformer, Zenga, Halo, Cadillac, Barrels and Stability Chair, and has completed the Injuries and Special Populations coursework. In addition, Malia holds a certification in Christopher Harrison's AntiGravity® fitness program and is a qualified TRX suspension trainer.

Malia enjoys learning so she continues to deepen her movement knowledge through annual Continuing Education coursework in Pilates and AntiGravity®. The additional studies broaden her movement expertise and allow her to introduce a wide range of fitness opportunities. Malia's diverse clientele range in scope from post-rehabilitation clients to active athletes.

I am committed to providing a harmonious trainer/client relationship, where we work as a team whether in a small group or private sessions. My goal for each client is to guide them toward their fitness goals through mindful planning and taking into account any physical restrictions and/or modifications.

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*breathe... inhale hope. exhale healing.*

## Malia Ridgway ~ Stott Certified Pilates, TRX, AntiGravity®



- Alignment Based Workouts
- Halo
- Zenga
- Small Group & Private Classes
- Mat & Equipment Based Pilates
- AntiGravity® Fitness
- TRX
- Fascial Movement

### **Statera Integrated Health and Wellness Solutions**

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**At Statera** we bring together traditional medicine, holistic healing, fitness, nutrition and yoga under one roof. Our multidisciplinary team of providers work together to address your healthcare needs mind, body and spirit.

