



pietra  
FITNESS

## STRENGTHEN YOUR BODY, MIND, & SOUL

Pietra Fitness is a unique whole-person fitness program that integrates physical exercise with Christian prayer while drawing upon the rich and timeless traditions of the Catholic Church. Bodily prayer, sacred art, sacred music, and Christian meditation are woven into this stretching and strengthening workout so that in only one hour, you feel calmer, stronger, refreshed, and renewed.



[www.PietraFitness.com](http://www.PietraFitness.com)