



# WHAT IS PIETRA FITNESS?

*Pietra Fitness is a stretching and strengthening exercise class that integrates Christian prayer into the workout. It is a wellness program for those who seek full integration of mind, body, and soul. We stretch and strengthen the body in combination with Christian prayer and meditation based on Catholic spirituality. People of all beliefs are welcome. Women's classes are separate from men's classes. Check our website at [www.pietrafitness.com](http://www.pietrafitness.com) for a local instructor near you.*

Pietra Means "Rock" in Italian  
Foundations built on rock are the strongest, and  
Pietra Fitness is designed to provide a strong  
foundation for the "whole-person".

Our Goal is to Develop Strength of  
MIND, BODY & SOUL

Since God made us mind, body and soul, it is our  
duty to care for each.

**MIND** • Many mind-body-soul workouts  
attempt to help you relax your mind by having  
you empty it. God designed your mind to be  
used, not emptied. Pietra Fitness workouts will  
calm your mind—but they will also engage your  
mind, helping you focus on Christ and get the  
most out of your workout. Being in tune with  
Christ allows us to learn more about Him.

**BODY** • The physical exercises used in Pietra  
Fitness classes are designed to increase your  
flexibility, develop your muscle and core  
strength, and increase your range of motion,  
posture, and stability.

**SOUL** • To nourish the soul, we incorporate  
Bodily Prayer as well as scripture and  
meditations completely consistent with the  
teachings of the Church that Jesus founded on  
the rock of St. Peter.

Pietra Fitness is NOT 'Christian  
Yoga' or 'Catholic Yoga'  
An exercise program cannot be both because  
Christianity (coming from Christ) and yoga  
(based in Hinduism) have fundamental  
differences in theology and philosophy. Most  
Hindu and Christian philosophers would agree  
that "Christian Yoga" is an oxymoron because  
the practice is not truly yoga unless it  
incorporates Hindu spirituality and/or  
worldview. Likewise, Christian activities are  
firmly centered on Christ. Yoga cannot offer the  
fullness of a program designed to minister to  
the human person as he/she is understood  
within the Christian faith.

## A Certified Pietra Fitness Instructor

A certified Pietra Fitness Instructor has completed a rigorous program incorporating **physical, spiritual and intellectual** formation in order to lead safe, engaging and informative classes to promote wellness and health of

**MIND, BODY & SOUL**

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