

BULLETIN BLURBS

Below are blurbs that you can use in parish bulletins or other areas you are advertising your classes. You will fill in your own information. You may want to add the rose window to the blurb. An example of how that may look is shown below. If you have an idea for wording for a blurb, please submit it to:

instructors@pietrafitness.com.

#1

Experience Pietra Fitness®... A fitness class that stretches, strengthens and tones the body while refreshing the soul with prayer. In only one hour you will feel calmer, stronger, refreshed and renewed! A **7 Week Gentle Class for Women will be offered on Wednesdays at 9:00 – 10:00 AM** starting January 1st. A **7 Week Level 1 Class for Women will be offered on Fridays at 9:00 – 10:00 AM** starting January 1st. Contact **(your name)**, Certified Pietra Fitness Instructor, at **(your email address)** for more information.

#2

Experience Pietra Fitness®, a retreat for mind, body & soul... Pietra Fitness is a stretching and strengthening workout class that incorporates Christian prayer in the Catholic Tradition. Classes for **Women** will be forming soon. Please contact **(your name)**, a certified Pietra Fitness Instructor, at **(your email)** for all of the necessary information and/or if you have any questions.

#3

Pietra Fitness® Exercise Classes for Women are now forming... Pietra (meaning “rock” in Italian) is a word that reminds us of the importance of a solid foundation when building anything that is to have strength, stability, and longevity. At **Pietra Fitness**, our “whole person” workouts are built upon this concept. We utilize physical exercise to promote core strength as a solid physical foundation for the rest of the body. For the soul, our workouts include prayer and meditations built upon the strongest of foundations: the rock of Christ and His Church. This powerful combination truly benefits the entire human person – restoring harmony and wholeness to both body and soul. Please contact **(your name)**, certified Pietra Fitness Instructor, at **(your email)** for questions and more information.



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