



Reclaiming our hearts, minds, bodies and souls for Christ



Calmer, Stronger, Refreshed & Renewed

Experience a fitness class that stretches, strengthens and tones the body while refreshing the soul with prayer.

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. In only one hour, you feel calmer, stronger, refreshed and renewed.

Gentle Class for Women

4 Week Gentle Class for Women will be offered on Saturdays (March 9th, 16th, 23rd and the 30th).

at 11:30am– 12:30pm here at St. Daniel the Prophet in the Parish Hall.

Contact **Nila Daigle**,
Certified Pietra Fitness Instructor,



PIETRA FITNESS®

a retreat for body and soul

www.PietraFitness.com