

Join us at Nazareth Spirituality Center
for this presentation:

Pietra Fitness, a Retreat for Body and 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 may feel calmer, stronger, refreshed, and renewed.

Participants are asked to bring a soft mat or beach towel with them, and will be required to sign a waiver upon arrival.



Sponsored by:

Servants of the Holy Heart of Mary

**WHEN: Wednesday, April 19, 2023
9:00 to 10:30 a.m.**

For more information about our programming,
please contact Susan Amann:
samann@sscm-usa.org • (708) 790-8141

Presenter:

Patty Turbak
Wellness Advocate

Patty is wife, mother and grandmother, an imperfect human yet a beloved daughter of the King. She's a CPA by education and experience, who always liked participating in fitness classes but never thought she'd instruct a class—until she was introduced to Pietra Fitness. Patty entered the Pietra Fitness pilot training program in 2016 and was certified as the first Illinois instructor in 2017. Patty is Foundations 2, PRO and Chair Certified, and teaches 2 weekly classes through her home parish, St. Patrick in St. Charles.



To register, please follow
this link:

REGISTRATION

Cost for this program: \$15

PAY ONLINE

LOCATION:

**Nazareth Spirituality Center
717 N. Batavia Ave
Batavia, IL 60510**