

ADULT FAITH CLASSES

Pietra Fitness

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



PIETRA FITNESS®

a retreat for body and soul

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 bring your exercise mat and water bottle.

Tuesdays and Sundays 1:30 PM - 2:30 PM

Dates: Winter session: \$50.00 February 11, 16, 18, March 1, 3, 10, 15.

Spring session: \$50.00 March 22, 24, 31, April 5, 7, 14, 19.

If you don't want to register for the entire session, please join us for any one class: just \$10.00/class (Checks preferred. Payable to Church of the Ascension)

Location: St. Matthew Room

Facilitators: Josette Bell and Kelly Bradley

Church of the Ascension 2020 Adult Faith Registration Form

ONE check may be used for all courses. Please make check payable to: Church of the Ascension. Return to box in gathering space or parish office. **REGISTER ONLINE at www.kcascension.org or turn in this registration form.**

Name: _____

Phone: _____ Email: _____

Course Title	Cost	Cash or check enclosed?
Pietra Fitness—Winter session	\$50	
Pietra Fitness—Spring session	\$50	
Total	\$_____	