

Anchor Wellness

Choose a package below to celebrate with your friends
fitness ~ food ~ connection ~ prayer

Mind

God designed your mind to be used, not emptied. Pietra Fitness workouts will calm your mind—and also engage your mind, helping you focus on Christ and get the most out of your workout.

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 Leisure Lunch

- Pietra Fitness group class
- Coffee, tea, refreshments
- Nutritious meal
- \$20 per person

Pietra Plus Treat

- Pietra Fitness group class
- Coffee, tea, refreshments
- \$15 per person

Pietra Mini-Retreat

- Pietra Fitness group class
- Coffee, tea, refreshments
- Nutritious meal
- Custom Keynote topic to feed the mind/soul
- \$30 per person



pietra
FITNESS

Anchor Wellness

Sample Mini-Retreat Schedule

Mornings 10 am - 2 pm

10 am Connection and Coffee

11 am Pietra Class

12-2 Lunch + Keynote Topic of Your Choice

Evenings 4-8 pm

Menu Options include favorite scones, biscottis, and muffins; summer salads, deviled eggs, sandwiches, and more. Espresso with a variety of milks and tea. Happy to provide dairy and gluten free - we work together to create a menu that works for your group!

Or consider an evening gathering with iced tea and coffee on the porch!

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