

LARANA
COMPANY



PIETRA FITNESS

INSTRUCTOR
HANDBOOK &
REFERENCE
GUIDE

2026 EDITION

123 ANYWHERE ST., ANY CITY

Welcome!

Welcome to the community of Pietra Fitness Instructors. By completing your training, you have joined a growing apostolate dedicated to helping others encounter Christ through movement, prayer, and disciplined care of the body.

Pietra Fitness was created to help people live more fully according to God's design for the human person—mind, body, and soul. As an instructor, you have the privilege of guiding others in a program that strengthens the body, calms the nervous system, and nourishes the soul.

This handbook provides practical guidance for teaching, maintaining certification, and representing Pietra Fitness with integrity.

Benefits for Pietra Fitness Instructors

Certified Pietra Fitness Instructors are part of a supportive network dedicated to both personal formation and professional excellence.

Instructor benefits include:

- Access to the Instructor Portal
- Continuing Education
- Marketing Support
- 30% discount on certain items in our shop
- Instructor Affiliate Program: [Learn More](#)
- Listing on the Pietra Fitness Instructor Finder
- Participation in monthly instructor meetups
- Continuing education opportunities
- Access to Pietra Fitness Routines and Meditation Sheets
- Specialty Certifications
- Instructor Resources
- Instructor GroupMe so Instructors can stay connected
- Ongoing support from the Pietra Fitness team

Instructor Portal

The **Instructor Portal** is the central hub for instructor resources.

Through the portal, instructors can:

- Access Pietra Fitness Meditations and Routine Sheets
- Access continuing education resources
- Access Marketing Materials
- Access Forms & other information
- Access Instructor Calendar
- Purchase Specialty Certifications
- Access Instructor Handbook & Reference Guide
- Instructor Blog
- Renew certification

Instructors are responsible for regularly checking the portal for updates and announcements. **Many of our forms need a code to open in order to keep them secure. You will find the code in the directions section for each Link Block.**

Instructor Finder Listing

The Pietra Fitness Instructor Finder helps individuals, parishes, and organizations locate Pietra Fitness classes in their area. Instructors who choose to be listed on the Instructor Finder represent the Pietra Fitness apostolate and are often the first point of contact for those seeking a class.

Instructors listed on the Instructor Finder are asked to:

- **Respond to inquiries promptly** when someone contacts you using the email listed on your profile.
- **Keep your contact information current** so individuals can reach you easily.
- **Update your listing** if anything changes.
- **Notify Pietra Fitness** if you plan to pause teaching or would like to be temporarily removed from the listing.

Timely communication helps ensure that those seeking Pietra Fitness classes feel welcomed and supported.

Continuing Education Credits (CECs) Quick Guide

To maintain active certification as a Pietra Fitness Instructor, the following requirements must be completed each year.

Total Required: **10 Continuing Education Credits (CECs)**

- Spiritual Formation: **4 CECs**
- Physical Formation: **6 CECs**

CPR/AED Requirement

- CPR/AED certification counts as 2 Physical CECs
- Must include in-person skills assessment
- Online-only certifications are not accepted

Most CPR/AED certifications are valid for two years, but CEC credit can only be counted in the year the course is taken.

Where to Earn CECs

- Instructor Monthly Meetups
- Courses listed in the Instructor Portal under Continuing Education
- It is our expectation that the majority of CECs come through Pietra Fitness. We do allow instructors to petition for external CECs when appropriate, but these are considered supplemental rather than primary sources of renewal credit. ([CEC Petition](#))

Submitting Proof of CECs

You will upload your certificates when renewing certification via the portal

Important: Pietra Fitness does not store copies of CEC certificates. It is the instructor's responsibility to save and upload their certificates at the time of renewal.

Additional Requirements for Pro Instructors

Pro Instructors must also:

- Submit one complete routine (written + video) each year either for the studio or just to renew - **Due at least 2 weeks prior to renewal**
- Complete [Pro Instructor Renewal Exam](#) - **Due at least 1 week prior to renewal**

CEC Resources

Pietra Fitness encourages instructors to approach continuing education as ongoing formation throughout the year, rather than completing all requirements shortly before renewal. Participating regularly in instructor meetups and continuing education opportunities helps instructors deepen their understanding of the Pietra Fitness method, strengthen teaching skills, and remain connected to the instructor community. Whenever possible, instructors are encouraged to complete at least a few CECs each quarter so that learning and growth remain a consistent part of their instructor life.

Would a **Planning Tracker** be helpful? It gives you a place to plan credits at the beginning of the year and record them as you go, which helps prevent the common “end-of-year scramble.” [Continuing Education Planning Tracker](#)

If you would like a more detailed explanation of our Continuing Education credits than the Quick Guide gave: [Continuing Education Requirements](#)

Certification Renewal Quick Guide

Instructor certification must be **renewed every year** in order to remain active. Renewal requirements include:

- Maintain initial knowledge/prerequisites of the training program.
- Re-sign the Pietra Fitness Instructor Annual License Agreement.
- Re-sign the Profession of Faith/Oath of Fidelity.
- Submit proof of current CPR/AED Certification
- Participate in monthly meetups when possible
- Complete required CEC credits
- Pay the annual license fee according to the terms laid out in the Pietra Fitness Instructor Annual License Agreement, with the first payment due 1 year after the certification date.

[Certification Renewal Full Guide](#)

[Certification Renewal Checklist](#)

Teaching Standards for Pietra Fitness Classes

Instructors are entrusted with safeguarding both the physical safety of participants and the integrity of the Pietra Fitness method.

When teaching a Pietra Fitness class, instructors should:

- Follow the established Pietra Fitness class format
- Use only choreography and meditations obtained from Pietra Fitness (Pro Instructors can choreograph their own routines but must still stick with the format)
- Maintain the reverence during the prayer portions of the class which is central to the Pietra Fitness experience
- Offer clear cueing and safe movement guidance
- Encourage participants to move within their own ability and comfort level

While instructors may adjust the tone of a class—for example, making it more restorative or more active—the core structure of Pietra Fitness should always remain intact. Faithfulness to the method ensures that participants receive a consistent and safe experience.

Safety and Professional Conduct

The well-being of participants should always be the instructor's first priority. Instructors should:

- Encourage participants to move within their own physical limits
- Offer modifications when appropriate
- Move slowly and with control when demonstrating exercises
- Remind participants to consult a physician if they have injuries or medical conditions
- Use verbal cues only - not physical adjustments

Instructors should also maintain professional and respectful boundaries with all participants. Instructors are expected to adhere to the ethical guidelines and uphold the qualities of a Pietra Fitness Instructor outlined in the training manual so that the classes provide a welcoming and supportive environment.

Specialty Certifications

Pietra Fitness offers additional training opportunities for instructors who wish to expand their skills in specific areas. Participation in specialty certifications is optional but provides instructors with additional tools to serve a wider range of participants.

- Chair Training
- Perinatal Training
- Pro Certification

See the Instructor Portal for more information.

Logo Usage Guidelines

The Pietra Fitness name and logo are part of the Pietra Fitness apostolate and should be used respectfully and consistently. Instructors may use the Pietra Fitness logo when promoting official Pietra Fitness classes.

The logo should not be altered, recolored, or modified. Official logo files are available through the Instructor Portal.

If you are unsure how to use the logo in promotional materials, please contact instructors@pietrafitness.com for guidance.

Guarding Intellectual Property

The Pietra Fitness program—including its choreography, training materials, and teaching methods—is the intellectual property of Pietra Fitness.

Certified instructors are granted permission to teach Pietra Fitness classes using these materials while their certification remains active. Training materials and class content should not be shared, reproduced, or distributed outside of authorized Pietra Fitness contexts without permission.

Safeguarding the integrity of the program helps ensure that Pietra Fitness remains consistent and effective for all participants.

Instructor Community

Pietra Fitness instructors are part of a larger mission to serve others in mind, body, and soul.

You are not expected to carry this work alone. Through instructor meetups, ongoing training, and shared experience, instructors support one another in growing both personally and professionally.

We are grateful for your commitment to the Pietra Fitness apostolate and for the care you bring to those who attend your classes.

Instructor GroupMe

Pietra Fitness maintains a **GroupMe community** for instructors as a way to stay connected, share encouragement, and communicate important updates.

This space allows instructors to:

- stay informed about upcoming meetups and events
- share ideas, experiences, and teaching insights
- ask questions and receive support from other instructors
- celebrate milestones and encourage one another
- ask for prayers and support each other

The GroupMe community is intended to be a **supportive and positive** space for Pietra Fitness instructors. Participation is optional but strongly encouraged, as it helps instructors remain connected to the Pietra Fitness family and mission.

Because this group is designed specifically for instructors, we ask that conversations remain respectful and helpful. If you would like to join the instructor GroupMe, please contact us at instructors@pietrafitness.com.

Staying connected with other instructors helps strengthen both our teaching and our shared mission of serving others through Pietra Fitness.

Instructor Quick Reference

Certification Renewal: See portal for renewal dates

[Certification Renewal Full Guide](#)

[Certification Renewal Checklist](#)

CEC Requirements: Primarily fulfilled through Pietra Instructor Meetups

[Continuing Education Requirements](#)

[Continuing Education Planning Tracker](#)

[Continuing Education Petition](#)

[Pro Instructor Renewal Exam](#)

Portal Access: Log in to the website

www.pietrafitness.com

Instructor Discount:

30% off certain products in our shop. Use Code: **INST30** (all caps)

Instructor Affiliate Program:

[Learn About Instructor Affiliate Program](#)

Contact:

instructors@pietrafitness.com