

# Theresa Rowe

Author · Speaker · Radio  
& TV Personality

Theresa is an author, radio and TV host, motivational speaker, certified fitness professional, health coach, and child of God. She shares her testimony, and message of physical and spiritual transformation, offering inspiration, encouragement, and heart centered presentations that captivate all audiences.

Theresa has been a guest on the 700 Club, One Hundred Huntley Street in Canada, Julie and Friends on TCT TV, and Uplifting People on Uplift TV. She is a member of the Christian Women in Media Association.

Theresa will inspire and motivate your audience to achieve personal, spiritual or professional growth.



Theresa Rowe  
(270).929.8251

PO Box 249 Calhoun, KY 42327  
Theresa@shapedbyfaith.com

[www.shapedbyfaith.com](http://www.shapedbyfaith.com)



@shapedbyfaith



@shapedbyfaith



@TheresaLRowe



@trshapedbyfaith



*Shaping Bodies & Hearts  
for God's Purposes*

# our ministry

Shaped by Faith is a ministry that encourages people from all walks of life to discipline their body, mind and spirit, preparing them to become what God created all of His children to be: warriors in training for Christ! A physically fit body enables us to take the next step and experience total transformation by also surrendering our hearts to God. We want to share the hope we have been given through Jesus Christ. He is the reason we are Shaped by Faith!

# television

**Inspiration TV:** Monday, Wednesday, Friday  
5:00 AM CST

**NRB TV:** Tuesday 10:00 AM CST DirectTV  
Channel 378

**GRACE TV:** Tuesday 5:00 am & 6:00 pm,  
Thursday 2:30 pm, Fridays 1:00 pm, Saturday  
12:30 am & Sunday 6:30 am CST

**Total Living Network (TLN) and TLN West:**  
Thursday 8:30 am, Friday 6:00 am, Saturday  
10:30 am CST

**Safe TV:** Monday - Friday 8:00 am CST

**Also on Pure Flix, Global7, Faith Unveiled  
and World Trumpettv Networks**

“Trust in the LORD with all your heart and  
lean not on your own understanding; in all  
your ways submit to him, and he will make  
your paths straight.”

PROVERBS 3:5-6



**GROUP FITNESS CLASS SCHEDULE**  
with Theresa Rowe

Shaped BY FAITH™

CHURCH ALIVE  
325 CARTER RD  
OWENSBORO KY

Shaping bodies & hearts for God's purposes!

8:30 - 9:30 AM	MONDAY	9:45 - 10:30 AM
<b>CARDIO, CORE &amp; STRENGTH</b>		<b>STRENGTH TRAINING FOR THE SEASONED SOUL</b>
8:30 - 9:30 AM	TUESDAY	6:00 - 6:45 PM
<b>PILATES FOR THE SOUL</b>		<b>*TOTAL BODY CHALLENGE (WHEN IN SESSION)</b>
8:30 - 9:30 AM	WEDNESDAY	9:45 - 10:30 AM
<b>CARDIO, CORE &amp; STRENGTH</b>		<b>STRENGTH TRAINING FOR THE SEASONED SOUL</b>
8:30 - 9:30 AM	THURSDAY	6:00 - 6:45 PM
<b>PILATES FOR THE SOUL</b>		<b>*TOTAL BODY CHALLENGE (WHEN IN SESSION)</b>
8:30 - 9:30 AM	FRIDAY	9:45 - 10:30 AM
<b>BOOT CAMP</b>		<b>STRENGTH TRAINING FOR THE SEASONED SOUL</b>

WWW.SHAPEDBYFAITH.COM    270-929-8251    THERESA@SHAPEDBYFAITH.COM

PRICES, CHILDCARE, AND CLASS DESCRIPTIONS ON BACK

# services

Motivational Speaker for Teens,  
College Students, Adults & Seniors

Conferences, Retreats and Special  
Events

Shaped by Faith TV Show, Radio  
Show, Newspaper Column & Blogs

Health & Wellness Coach, Online  
Coaching and Motivation

Producer of several Faith based  
Shaped by Faith Fitness DVD's -  
Pilates for the Soul, Cardio, Strength,  
Stability Ball, TV Shows & more

Author of Shaped by Faith Book, 10  
Secrets to Strengthening your Body &  
Soul

Shaped By Faithwear  
Clothing & other Products

Pilates for the Soul, Senior Strength,  
Boot Camp, Cardio Strength Core &  
more Fitness Classes at Church Alive

Drums Alive Fitness Classes for  
children, teens & adults