

Theresa Rowe

TV & Radio Personality ·
Author · Speaker

Theresa is an author, radio and TV host, fitness expert and motivational health and wellness speaker. She is a nationally certified fitness professional and founder of Shaped by Faith. She has taught countless people how to use their faith to inspire fitness and their fitness to strengthen their faith. Her TV show reaches over 200 million homes and 200 plus nations and recently won a Telly Award for TV Series.

Theresa has been a guest on the 700 Club and several other TV shows. Guideposts published her book, Shaped by Faith. She has been endorsed by the Dove Foundation & Rod Barnett, former director of the Billy Graham Evangelistic Association.

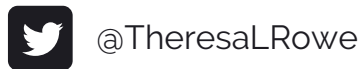
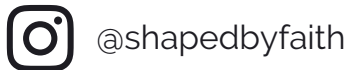
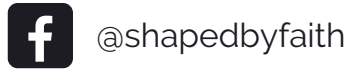
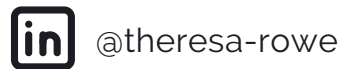
Her heart-centered workouts & messages will inspire, encourage and captivate your audience to achieve personal, spiritual or professional growth.

Shaped
BY FAITH™

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www.shapedbyfaith.com



Shaped
BY FAITH™



**Shaping Bodies & Hearts
for God's Purposes**

www.shapedbyfaith.com

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 am, Monday, Tuesday, Thursday, Friday 12:30 pm, & Sunday 4:30 am CST

NRB TV: Monday through Friday 9 am CST

CTN: Monday through Friday 8:30 am CST

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

Total Living Network (TLN) and TLN West: Monday 6 am, Friday 6 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		
<i>Shaped BY FAITH</i>	with Theresa Rowe	CHURCH ALIVE 325 CARTER RD OWENSBORO KY
<i>Shaping bodies & hearts for God's purposes!</i>		
8:30 - 9:30 AM	MONDAY	9:45 - 10:30 AM
CARDIO, CORE & STRENGTH		STRENGTH TRAINING FOR THE SEASONED SOUL
8:30 - 9:30 AM	TUESDAY	6:00 - 6:45 PM
PILATES FOR THE SOUL		*TOTAL BODY CHALLENGE (WHEN IN SESSION)
8:30 - 9:30 AM	WEDNESDAY	9:45 - 10:30 AM
CARDIO, CORE & STRENGTH		STRENGTH TRAINING FOR THE SEASONED SOUL
8:30 - 9:30 AM	THURSDAY	6:00 - 6:45 PM
PILATES FOR THE SOUL		*TOTAL BODY CHALLENGE (WHEN IN SESSION)
8:30 - 9:30 AM	FRIDAY	9:45 - 10:30 AM
BOOT CAMP		STRENGTH TRAINING FOR THE SEASONED SOUL

services

Shaped by Faith TV Show, Radio Show, Newspaper Columns, Podcast, Blogs and Shop

Motivational Speaker for Teens, College Students, Adults and Seniors at Conferences, Retreats and Special Events

Producer of 8 Faith based Shaped by Faith Fitness DVD's and many Workout Downloads

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

Shaped By FaithWear Clothing and other Products

Pilates for the Soul, Senior Strength, Boot Camp & Cardio Strength Core Fitness Classes at 325 Carter Rd. Owensboro KY

Drums Alive Special Events for children, teens and adults

Motivational & Wellness Fitness Events for Workplace Team Building and Private Groups