

# Nonprofit Responds to Post Covid Needs

HOUSTON, TEXAS, UNITED STATES, August 17, 2022 /EINPresswire.com/ -- Houston, TX—Body & Soul Fitness announces a "faith & fitness" instructor training. The one-day training is on August 19-20 at Journey Church, 3939 Glade Valley Drive, Kingwood

"Body & Soul is a training organization and has offered many training events over the years, but this is our first effort to compress training essentials into a one-day event. Our goal is to respond to the public's need for community and connection and to provide area churches and individuals who want to serve with a proven way to meet these needs in their communities," says Body & Soul's President Amy Stafford. The event also carries 8 hours of ACE continuing education for certified fitness professionals.

Fitness experience and credentials are not necessary to become a Body & Soul instructor, but a heart for providing faith & fitness leadership is. The one-day training will teach all of the basics. Body & Soul's ongoing training and community and leadership support provide everything needed to start "faith & fitness" classes. Want to check it out first before committing to a training day?



**body & soul® fitness**  
where faith and fitness meet™

We've got the answers you've been looking for

**COMMUNITY!**

No other fitness organization does faith and fitness like we do. Whether you are joining as a student or part of our teaching team, at **Body & Soul® Fitness** you'll experience a caring community that is waiting to cheer you on to be the very best YOU! Find your "fit" and come move with us.

**NEW INSTRUCTOR TRAININGS**

**FREE** Houston, TX Aug 19\* & 20  
Workout Friday open to the Public

Mesa, AZ Sept 29  
As part of our RECHARGE® Convention

To learn more, scan the QR code

Start your **FREE 30 day trial** to **Body & Soul® FitTV™**

Available on Apple TV, Google Play, Roku, Amazon FireTV

*"Your programs changed everything for me!"*  
Olivia W.

We've got the answer you're looking for - Community



**engage** **reach** **inspire**

**BRING THIS EXCITING MINISTRY TO YOUR CHURCH**

**BODY & SOUL® FITNESS**  
where faith & fitness meet™

Bring Body & Soul to Your Community

The public is invited to a FREE Friday evening workout event showcasing all programs and a general overview. [Register here for the instructor training](#) which includes the Friday night workout. [Register here for the FREE Friday](#) public event.

Body & Soul is "where faith and fitness meet." An international nonprofit fitness organization founded in 1981, Body & Soul offers Cardio Strength and Flexibility, FIT360, Power Strength, Gold, Dance Blast, and Longevity FIT360 programs. For more information on becoming an instructor and where you can find Body & Soul classes, go to [www.bodyandsoul.org](http://www.bodyandsoul.org). Want a peek at a Body & Soul workout? Check out our programs at Body & Soul FitTV with a free [30-day trial](#).

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join churches and ministries worldwide already using our fitness programs

**IN-PERSON TRAINING**  
**FRIDAY NIGHT - WORKOUT**  
**SATURDAY - ALL DAY TRAINING**  
includes how to:

- Motivate, encourage, and lead
- Encourage your class spiritually
- Read choreography sheets
- Cue - verbal and visual
- Demonstrate modifications
- Equipment - mics, music, more
- Begin to teach virtually
- Teach for success

the perfect "fit" for your church or community.

please give this card to a member you believe can provide faith & fitness leadership-we'll train them!

reg ~~\$350~~ now only \$199

unique to Body & Soul® Instructors:

- we offer liability insurance
- performance license coverage
- leadership support

**UPCOMING TRAINING EVENTS:**  
AUG 19-20, 2022 / HOUSTON, TX  
SEPT 29-OCT 2, 2022 / MESA, AZ  
(ANNUAL RECHARGE CONVENTION)

body & soul

LEARN MORE



More Details on Body & Soul Instructor Training

This press release can be viewed online at: <https://www.einpresswire.com/article/586507777>

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