

BCRPA PRE-APPROVED WORKSHOPS

Important Notice:

Please be advised that all courses are offered and/or facilitated by independent presenters/providers. While the BCRPA Fitness Program approves that the proposed content of the course is applicable to fitness leaders, ***the BCRPA Fitness Program is not affiliated with their operation and delivery and assumes no further responsibility or liability to registrants/participants taking these courses.*** All inquiries, registrations and any other issues are to be referred directly to the course providers.

Workshop listings are organized alphabetically by Location then chronologically by Date.

LOCATION	DATE	WORKSHOP TITLE	CONTACT	PHONE/EMAIL	CECs	WEBSITE
Virtual Live	06-Apr-24	Why People Hate Exercising - The Psychology, Everyone Needs to Know	We Mean Fitness, Inc. Contact: Mike Kelly	(613) 830-1300	8	BCRPA members get 20% when entering the discount code word "earlybird" at time of registration https://wemeanfitness.com/services/certification-and-courses/
Virtual Live	06-Apr-24	Teaching Safe & Accessible Chair Yoga - Part 2	Grove Yoga School	(604) 836-0424	8	groveyogaschool.ca
Virtual & Vancouver	11-May-24	Anatomy Refresher for Fitness Instructors	Lela D Pilates / FitFlow Yoga	(604) 318-3326	4	www.leladpilates.com
Virtual Live	16-Mar-24	Standing and Chair Pilates for people with mobility issues	Lela D Pilates	(604) 318-3326	8	www.leladpilates.com
Fort Langley	27-Apr-24	Teaching Yoga with Props for Inclusivity	Grove Yoga School	(604) 882-9094	1.5	www.groveyogaschool.ca
Fort Langley	27-Apr-24	Mindful Movement Within Yoga	Grove Yoga School	(604) 882-9094	1.5	www.groveyogaschool.ca
Fort Langley	27-Apr-24	Sanskrit Simplified for the Yoga Classroom	Grove Yoga School	(604) 836-0424	1.5	www.groveyogaschool.ca

Fort Langley	27-Apr-24	How Balance & Independence Intersect When Teaching Older Adults	Grove Yoga School	(604) 836-0424	1.5	www.groveyogaschool.ca
Maple Ridge	06-Apr-24	A Functional Approach To Weight Training and Rehab	Daniel Kram,RMT	604-831-1552	14	n/a
New Westminister	06-Apr-24	Douglas College Sports Institute Spring BCRPA Fitness Conference	Douglas College	604-527-5472	7.5	https://www.douglascollege.ca
North Vancouver	April 14/21	Shallow Deep Aquatic Instructor Certification	WaterART	+1 866-543-8938	16	https://www.waterart.org/events
Richmond	24-Mar-24	The Art of Creating Timer & Interval Drills	Rachel Seay	(604) 315-0612	9	https://courses.indoorcyclingideas.com/courses/timerdrillsworkshop
Vancouver	On request	BCWBS Wheel Workshop	BC Wheelchair Basketball Society	604-787-2822	3	https://www.bcwbs.ca/
Vancouver	23-Apr-24	Aquatic Professional Development Meeting	Langara College`		7	https://www.eventbrite.ca/APDM
Vancouver	24-Mar-24	Neuroplasticity Gym: Introductory Instructors Course	MVMTLAB	604-282-7393	6	https://www.mvmtlab.com/shop
Victoria	20-Apr-24	Indoor Cycling Certification	Sonja Bidese - Success Fitness	successfitness@shaw.ca	5	www.successfitness.ca
Victoria	04-May-24	Cardio Kickboxing	Sonja Bidese - Success Fitness	(250) 886-2490	3	www.successfitness.ca