

BCRPA Pre-approved Workshops

About Pre-approved Workshops

Pre-approved workshops will provide you with a guaranteed number of CECs upon completion. In addition, these CECs will automatically be recognized within your personal account on The Registry® of Fitness Professionals as soon as the workshop presenter electronically enters a passing grade for you.

As a service for fitness leaders, the BCRPA generates a current listing of pre-approved workshops being offered by independent workshop providers*. This list is updated regularly on The Registry® website after you have logged in. All workshops listed on The Registry® website have been reviewed by BCRPA staff and have been pre-approved. Approval from the BCRPA means that the presenter is a current BCRPA Supervisor of Fitness Leaders (SFL) or Trainer of Fitness Leaders (TFL) and has provided a workshop outline and all workshop materials for review.

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

LOCATION	Date	WORKSHOP TITLE	CONTACT	TELEPHONE #	CREDIT VALUE	WEBSITE
Coquitlam	5-May-18	Getting the Maximus Out of Your Gluteus!	Nicole Beckstead	604-927-6004	3	n/a
Delta	20-Apr-18	Restorative Yoga Teacher Immersion	Kim Sheridan/Lahari Yoga	604-762-8951	20	www.lahariyoga.com
Kitimat	22-Apr-18	Barre Above	Fitness Marketing Group	1-888-290-3488	8	www.FMGonline.ca
Merritt	6-May-18	Oh My Aching Body - Stengthening & Range of Motion Strategies	CALA	1-888-751-9823	4	https://www.calainc.org/
Merritt	6-May-18	Aqua Cardio-Combat with Bridging and Linking	Charlene Kopansky	1-888-751-9823	4	http://calainc.org/Upcoming/upcoming.htm
North Vancouver	12-May-18	Creating Connections	Susannah Steers	778-340-0072	7	www.movingspirit.ca/creating-connections
North Vancouver	26-May-18	MYOFASCIAL RELEASE, Foam Rolling Workshop	Renee Cyr	604 351 7043	2	www.Kahlana.com

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Prince George	29-Apr-18	Barre Above	Fitness Marketing Group	1-888-290-3488	8	www.FMGonline.ca
Prince Rupert	27-May-18	Aqua Cardio Combat - Core Fusion	CALA	1.888.751.9823	4	www.calainc.org.ca
Prince Rupert	27-May-18	Oh My Aching Body - Strengthening & Range of Motion Sequences	CALA	1.888.751.9823	4	www.calainc.org.ca
Richmond	5-May-18	Indoor Cycling Instructor Certification Course	Rachel Seay	604.315.0612	7	www.innerfitstudios.com
Richmond	19-May-18	Combative Workshops for Fitness Instructors	Krav Maga Force	604.782.6764	14	www.kravmagaforce.com
Vancouver	21-Apr-18	INTRO TO BOXING FOR FITNESS WORKSHOP	INFOFIT Educators	604 683 0785	4	www.infofit.ca
Vancouver	21-Apr-18	Pilates Mat with Props	Lela Dawson	604.318.3326	4	www.leladpilates.com
Vancouver	27-Apr-18	Client Drop-out Prevention Strategies	INFOFIT Educators	604 683 0785	3	www.infofit.ca
Vancouver	28-Apr-18	DANCEPL3Y Adults/Teens Instructor Training	registration@pl3yinc.com	604.704.1031	16	https://learn.pl3yinc.com/courses/dancepl3y-adult-teens-course-vancouver-april-2018
Vancouver	28-Apr-18	FitFlow Yoga Fusion	Tina Grant	778 882 9642	3	www.fitflowyoga.ca
Vancouver	13-May-18	Training the Aging Population	INFOFIT Educators	604 683 0785	7	www.infofit.ca
Vancouver	16-May-18	Older Adult Update: Falls & Frailty	talitha@jccgv.bc.ca	604.638.7285	3.25	https://www.jccgv.com/content/jcc-fitness-instructor-training
Vancouver	18-May-18	Thai Yoga Massage Level 2: Intermediate Skills	Sharon Brown-Horton	604.773.2645	21	www.BanyanThaiMassage.com
Vancouver	26-May-18	A Holistic Approach to Personal Training	Susanna Abreu	604-338-9124	4	http://www.trans4mationhealthandwellness.com

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Vancouver	26-May-18	DANCEPL3Y Kids Instructor Training	registration@pl3yinc.com	604.704.1031	16	https://learn.pl3yinc.com/courses/dancepl3y-kids-course-vancouver-may-2018
Vancouver	1-Jun-18	Pre & Postnatal Fitness Workshop	Fit4Two	604-719-7981	16	www.fit4two.ca
Vancouver	8-Jun-18	Strength Train Your Core and Back	Catherine D'Aoust	604.329.1257	14	www.catherinedaoustfitness.com
Vancouver	9-Jun-18	Training the Aging Population	INFOFIT	604 683 0785	7	www.infofit.ca
Vancouver	10-Jun-18	Foam Rolling Workshop	Catherine D'Aoust	604.329.1257	7	www.catherinedaoustfitness.com
Vancouver	23-Jun-18	Core Concepts: Primal to Performance	Kinetic Performance	905.626.2845	8	http://bit.ly/CCVancouver
Vancouver	24-Jun-18	Training the Client with Pain	Kinetic Performance	905.626.2845	8	http://bit.ly/TCPVancouver
Vancouver	20-Jul-18	Strength Train Your Core and Back	Catherine D'Aoust	604.329.1257	14	www.catherinedaoustfitness.com
Vancouver	22-Jul-18	Foam Rolling Workshop	Catherine D'Aoust	604.329.1257	7	www.catherinedaoustfitness.com
Vancouver	9-Sep-18	Rehab of the Hip, Knee & Ankle	INFOFIT Educators	604.683.0785	7	http://www.infofit.ca/infofit-courses/clinical-exercise-and-rehabilitation-series/
Vancouver	26-Oct-18	Strength Train Your Core and Back	Catherine D'Aoust	604.329.1257	14	www.catherinedaoustfitness.com
Vancouver	28-Oct-18	Foam Rolling Workshop	Catherine D'Aoust	604.329.1257	7	www.catherinedaoustfitness.com
Vancouver	25-Nov-18	Exercise Rehabilitation - Shoulder, Elbow, Wrist	INFOFIT Educators	604.683.0785	7	www.infofit.ca

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Vancouver	Ongoing	Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	www.infofit.ca
Vancouver	Ongoing	Apprenticeship Training Program 1	INFOFIT Educators	604.683.0785	28	www.infofit.ca
Vancouver	Ongoing - contact for information	ActivAge™	Kaitlin Atkinson	604.629.0965 ext. 227	8	https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/
Vancouver	Private Instruction	Personal Training Marketing	INFOFIT Educators	604 683 0785	8	www.infofit.ca/infofit-courses
Victoria	11-May-18	Advanced Personal Training Workshop	Body Blueprint	778.433.8884	16	www.bodyblueprint.com
Victoria	02-Jun-18	Kinetic Link Training Level 1 - Evolving Functional Strength	Richard Gafter	1-561-706-5262	16	www.kltna.com
Victoria	9-Jun-18	Agatsu Kettlebell Certification	Agatsu Inc	514-965-3574	16	https://www.agatsu.com/shop/victoria-kettlebell-certification/#
West Vancouver	21-Apr-18	WaterART Aquatic Instructor Certification	Julie Tynam	1.866.543.8938	16	www.waterart.org
West Vancouver	21-Apr-18	WaterART Aquatic Instructor Recertification Course	Julie Tynam	1.866.543.8938	16	www.waterart.org
West Vancouver	22-Apr-18	Combining a Shallow and Deep Water Program	Julie Tynam	1.866.543.8938	8	www.waterart.org
Whitehorse	7-Jun-18	Anchor Management: Powerful Aqua	CALA	1.888.751.9823	2	www.calainc.org.ca
Whitehorse	13-Jun-18	Aqua Core Conditioning - Water Running Fusion	CALA	1.888.751.9823	3	www.calainc.org.ca

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Whitehorse	14-Jun-18	Off the Wall: Chest Deep and Deep Simultaneous Teaching	CALA	1.888.751.9823	3	www.calainc.org.ca