

## 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
Maple Ridge	01-Aug-25	A Functional Approach to Weight Training and Rehab	Daniel Kram	604.831.1552	14	<a href="http://www.edmondsmassagetherapy.ca">www.edmondsmassagetherapy.ca</a>
Online	Ongoing to May 2019	Older Adult Update: Falls & Fractures	Melanie Galloway	604.732.9295	3	<a href="mailto:melanie@growingstrong.ca">melanie@growingstrong.ca</a>
Richmond	07-Jul-18	Indoor Cycling Instructor Certification Course	Rachel Seay	604.315.1656	7	<a href="http://www.innerfitstudios.com">www.innerfitstudios.com</a>
Surrey	05-Jul-18	Hydro Ride	Lisa Steele	604.502.6363	1.5	n/a
Vancouver	23-Jun-18	Core Concepts: Primal to Performance	Kinetic Performance	905.626.2845	8	<a href="http://bit.ly/CCVancouver">http://bit.ly/CCVancouver</a>
Vancouver	23-Jun-18	Sports Nutrition for Peak Performance	Inshape Training	604 875 5500	4	<a href="http://www.inshapetraining.net">www.inshapetraining.net</a>
Vancouver	24-Jun-18	Common Movement Disorders Workshop/Certification	WaterART Fitness International	1-866-543-8938	8	<a href="http://www.waterart.org">www.waterart.org</a>
Vancouver	24-Jun-18	Training the Client with Pain	Kinetic Performance	905.626.2845	8	<a href="http://bit.ly/TCPVancouver">http://bit.ly/TCPVancouver</a>

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Vancouver	07-Jul-18	How to Market Your Personal Training Business	INFOFIT Educators	604.683.0785	3.5	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	20-Jul-18	Strength Train Your Core and Back	Catherine D'Aoust	604.329.1257	14	<a href="http://www.catherinedaoustfitness.com">www.catherinedaoustfitness.com</a>
Vancouver	22-Jul-18	Foam Rolling Workshop	Catherine D'Aoust	604.329.1257	7	<a href="http://www.catherinedaoustfitness.com">www.catherinedaoustfitness.com</a>
Vancouver	22-Jul-18	Foundations of Training the Athletic General Population: A Case Study (Sunday July 22)	INFOFIT Educators	604.683.0785	3	<a href="http://www.infofit.ca/course/training-the-athlete">http://www.infofit.ca/course/training-the-athlete</a>
Vancouver	09-Sep-18	Rehab of the Hip, Knee & Ankle	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca/infofit-courses/clinical-exercise-and-rehabilitation-series/">http://www.infofit.ca/infofit-courses/clinical-exercise-and-rehabilitation-series/</a>
Vancouver	26-Oct-18	Strength Train Your Core and Back	Catherine D'Aoust	604.329.1257	14	<a href="http://www.catherinedaoustfitness.com">www.catherinedaoustfitness.com</a>
Vancouver	28-Oct-18	Foam Rolling Workshop	Catherine D'Aoust	604.329.1257	7	<a href="http://www.catherinedaoustfitness.com">www.catherinedaoustfitness.com</a>
Vancouver	03-Nov-18	Pilates Fitness Level Two Workshop	Lela Dawson	604 318 3326	8	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Vancouver	17-Nov-18	Body Rolling workshop	Lela Dawson	604 318 3326	6	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Vancouver	25-Nov-18	Exercise Rehabilitation - Shoulder, Elbow, Wrist	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	12-Jan-19	Teaching Precision in Pilates Fitness Mat work	Lela Dawson	604 318 3326	6	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Vancouver	Ongoing	Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	Ongoing	Apprenticeship Training Program 1	INFOFIT Educators	604.683.0785	28	<a href="http://www.infofit.ca">www.infofit.ca</a>

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Vancouver	Ongoing - contact for information	ActivAge™	Kaitlin Atkinson	604.629.0965 ext. 227	8	<a href="https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/">https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/</a>
Vancouver	Private Instruction	Personal Training Marketing	INFOFIT Educators	604 683 0785	8	<a href="http://www.infofit.ca/infofit-courses">www.infofit.ca/infofit-courses</a>