

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
Kelowna	06-Oct-18	Introduction to Hellerwork Structural Integration	Ross Short	250.717.3553	15	www.bodywize.com
Maple Ridge	01-Aug-25	A Functional Approach to Weight Training and Rehab	Daniel Kram	604.831.1552	14	www.edmondsmassagetherapy.ca
Online	Ongoing to May 2019	Older Adult Update: Falls & Fractures	Melanie Galloway	604.732.9295	3	melanie@growingstrong.ca
Richmond	18-Aug-18	Indoor Cycling Instructor Certification Course	Rachel Seay	604.315.1656	7	www.innerfitstudios.com
Surrey	02-Aug-18	Hydro Ride	Lisa Steele	604.502.6363	1.5	n/a
Surrey	06-Sep-18	Hydro Ride	Lisa Steele	604.502.6363	1.5	n/a
Vancouver	16-Aug-18	Natural Pain Relief For Athletes	INFOFIT Educators	604.683.0785	1	www.infofit.ca
Vancouver	18-Aug-18	Core Conditioning Specialist - Part 2	Inshape Training	604.879.5500	7	www.inshapetraining.net

BCRPA Pre-approved Workshops

LOCATION	Date	WORKSHOP TITLE	CONTACT	TELEPHONE #	CREDIT VALUE	WEBSITE
Vancouver	09-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	21-Sep-18	Thai Massage Workshop Level 1A	Vivian Pan, Bodhi Thai Massage Ltd.	778.802.9220	19.75	www.bodhithaimassage.com/classes
Vancouver	28-Sep-18	Thai Massage Workshop Level 1B	Vivian Pan, Bodhi Thai Massage Ltd.	778.802.9220	19.75	www.bodhithaimassage.com/classes
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	03-Nov-18	Pilates Fitness Level Two Workshop	Lela Dawson	604 318 3326	8	www.leladpilates.com
Vancouver	17-Nov-18	Body Rolling workshop	Lela Dawson	604 318 3326	6	www.leladpilates.com
Vancouver	25-Nov-18	Exercise Rehabilitation - Shoulder, Elbow, Wrist	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	12-Jan-19	Teaching Precision in Pilates Fitness Mat work	Lela Dawson	604 318 3326	6	www.leladpilates.com
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	23-Sep-18	Collaborative Lesson Planning Aquatic Fitness and Group Fitness	Emma Sandhu	250-475-7623	2	n/a

BCRPA Pre-approved Workshops

LOCATION	Date	WORKSHOP TITLE	CONTACT	TELEPHONE #	CREDIT VALUE	WEBSITE
Victoria	27-Oct-18	Island Fitness Conference	Island Fitness Association	250.474.8617	14	www.islandfitnessassociation.com