

BCRPA Pre-approved Distance Education Workshops

Important Notice:

• Please be advised that all workshops are offered and/or facilitated by **independent** presenters/providers. While the BCRPA Fitness Program approves that the proposed content of the workshop 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 workshops***. All inquiries, registrations and any other issues are to be referred directly to the workshop providers.

Courses are organized alphabetically by **Organization** then by **CEC Value**, then alphabetically by **Workshop Title**.

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[WaterART Fitness](#)

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[PL3Y Inc.](#)

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Aaron Tews	The NeXT Level - Functional Anatomy of the Shoulder	778-574-1190	4	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Kinesiology of Resistance Training	778-574-1190	4	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Neck Stability	778-574-1190	3	www.kinesiologists.ca

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Aaron Tews	The NeXT Level - Part 1: Sugars & Sweeteners	778-574-1190	4	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Protein - How Much is too Much	778-574-1190	2.5	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Resistance Training Program Design	778-574-1190	6	www.kinesiologists.ca
Aaron Tews	The NeXT Level: Functional Anatomy of the Hip	778-574-1190	3	www.kinesiologists.ca
Accelerated Online Learning	Ultimate Guide to Human Gross Anatomy	888-738-8147	10	www.sesonlinece.com/bcrpa
Accelerated Online Learning	Ultimate Guide to Screening and Rehabilitation of Lower Extremity Injuries	888-738-8147	11	www.sesonlinece.com/bcrpa
Alive Academy	Advanced Nutrition Diploma Program (CSNC/CHN)	604-295-9124	60	www.aliveacademy.com
Alive Academy	Natural Health Fundamentals - Unit 1	604-295-9124	20	www.aliveacademy.com
Alive Academy	Nutritional Sciences - Unit 3	604-295-9124	20	www.aliveacademy.com
Alive Academy	Sports & Fitness Nutrition - Unit 2	604-295-9124	20	www.aliveacademy.com
Alive Academy	Sports & Fitness Nutrition Certificate Program (CSNC)	604-295-9124	45	www.aliveacademy.com
Alive Academy	Vegetarian Nutrition - Unit 4	604-295-9124	20	www.aliveacademy.com
American Academy of Health and Fitness	Advanced Fitness Assessment and Exercise Prescription	1-800-957-7348	20	http://www.aahf.info/
American Academy of Health and Fitness	Back Stability: Integrating Science and Therapy	1-800-957-7348	20	www.AAHF.info
American Academy of Health and Fitness	Cancer and the Older Adult: The Personal Trainer's Resource	1-800-957-7348	10	www.AAHF.info

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American Academy of Health and Fitness	JrFit: The Personal Trainer's Resource for Youth Fitness	1-800-957-7348	20	www.AAHF.info
American Academy of Health and Fitness	Nutrition for Special Dietary Needs	1-800-957-7348	10	www.AAHF.info
American Academy of Health and Fitness	Nutrition for Special Dietary Needs	1-800-957-7348	10	www.AAHF.info
American Academy of Health and Fitness	SrFit Second Edition: The Personal Trainer's Resource for Senior Fitness	1-800-957-7348	20	www.AAHF.info
American Academy of Health and Fitness	The Fitness Professional's Guide to Coaching Lifestyle Wellness™	1-800-957-7348	20	www.AAHF.info
BCRPA	BCRPA- E Learning	604-629-0965	vary	http://elearn.bcrpa.bc.ca/
Body Blueprint	101 Best Cable Exercises	250.744.5633	4	www.bodyblueprint.com
Body Blueprint	Active Kids Family Fitness	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Advanced Sports Nutrition & Super Foods	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Anatomy - The Next Level	778-433-8884	32	www.bodyblueprint.com
Body Blueprint	Aqua Personal Training	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Awesome Abs Workshop/Advanced Core Stability	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Better Butts	778-433-8884	3	www.bodyblueprint.com
Body Blueprint	Boot Camp and Outdoor Fitness	778-433-8884	5	www.bodyblueprint.com

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Body Blueprint	Conflict Resolution	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Effective Communication	778-433-8884	3	www.bodyblueprint.com
Body Blueprint	Exercise BALL	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Fabulous Fat Burning	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Functional Training & Multi Joint Exercises	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Functional Training Podcast	778.433.8884	2.5	www.bodyblueprint.com
Body Blueprint	Goal Setting and Motivation	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	HIIT-High Intensity Interval Training	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Hypnosis for Motivation and Sports Performance	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Improving Squat Technique	778-433-8884	1	www.bodyblueprint.com
Body Blueprint	Leadership Skills	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Magic of Muscles Workshop	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Multi Joint/Compound Exercises for Functional Movement- ONLINE	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Personal Trainer Road Map to Success	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Physique Competition Prep	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Powerlifting	250-744-5633	6	www.bodyblueprint.com
Body Blueprint	Safety in the weight room or "just when you thought it was safe..."	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Squat Shop	778-433-8884	5	www.bodyblueprint.com
Body Blueprint	Stress Management & Relaxation	778-433-8884	3	www.bodyblueprint.com
Body Blueprint	Stretching the Truth	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Supervisors Workshop -- Becoming a Great Supervisor	778-433-8884	10	www.bodyblueprint.com

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Body Blueprint	The Magic of Muscles	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Total Body Tubing	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Training on the Half-Ball	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Training the Elite Athlete	778-433-8884	16	www.bodyblueprint.com
Body Blueprint	Training the Runner	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Travel Teaching	778-433-8884	2.5	www.bodyblueprint.com
Body Blueprint	Wholistic Fitness	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Wobble Board and Balance	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Workout Without Weights- Be your own gym	778-433-8884	4	www.bodyblueprint.com
C.H.E.K Institute	Scientific Shoulder Training Home Study	760-477-2620	16	www.chekinstitute.com
C.H.E.K. Institute	Advanced Program Design	760-477-2620	15	www.chekinstitute.com
C.H.E.K. Institute	Advanced Swiss Ball Training for Rehabilitation	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Assessing Core Function	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Choosing a Lumbar Lifting Posture	760-477-2620	2	www.chekinstitute.com
C.H.E.K. Institute	Core Conditioning Exercises	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Dynamic Medicine Ball Training	760-477-2620	13	www.chekinstitute.com
C.H.E.K. Institute	Female Training - Equal But Not the Same	760-477-2620	15	www.chekinstitute.com
C.H.E.K. Institute	Functional Anatomy of the Back	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Functional Anatomy of the Core	760-477-2620	5	www.chekinstitute.com

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C.H.E.K. Institute	High Performance Core Conditioning	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Primal Pattern Movements	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Program Design	760-477-2620	8	www.chekinstitute.com
C.H.E.K. Institute	Scientific Back Training	760-477-2620	20	www.chekinstitute.com
C.H.E.K. Institute	Scientific Core Conditioning	760-477-2620	24	www.chekinstitute.com
C.H.E.K. Institute	Squatology	760-477-2620	4	www.chekinstitute.com
C.H.E.K. Institute	Swiss Ball Training	760-477-2620	10	www.chekinstitute.com
C.H.E.K. Institute	Understanding Force Couple Relationships	760-477-2620	10	www.chekinstitute.com
Catherine D'Aoust or GAIA adventures	Body Ball Basic Workshop	604-329-1257	2	www.gaiaadventures.com
Debbie Cheong (Osteofit)	Osteofit - Arthritis Cautions & Modifications in Exercise for Older Adults	604-940-0349	1.5	www.osteofit.org
Debbie Cheong (Osteofit)	Osteofit - Exploring Progressive Overload in Exercise for Older Adults	604-940-0349	2.5	www.osteofit.org
Douglas College	Online Aerobic and Anarobic Fitness - Session 3	604-527-5472	7	www.douglas.bc.ca/ce/sport
Douglas College	Online Body Composition and Flexibility - Session 1	604-527-5472	7	www.douglas.bc.ca/ce/sport
Douglas College	Online Nutrition Knowledge Course	604-527-5472	21	www.douglas.bc.ca/ce/sport
Douglas College	Online Part 1 - Pre and Post Natal Theory	604-527-5472	8	www.douglas.bc.ca/ce/sport
Douglas College	Online Resolving Conflict in a Sports Organization	604-527-5472	7	www.douglas.bc.ca/ce/sport
Douglas College	Online Strength, Endurance and Power - Session 2	604-527-5472	7	www.douglas.bc.ca/ce/sport

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Douglas College	Online Techniques in Fitness Assessment	604-527-5472	21	www.douglas.bc.ca/ce/sport
DSW Fitness	Advanced Aqua Pilates	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Advanced Reps, Sets and Loads for Hypertrophy and Strength	1-800-873-6760	1	www.humankinetics.com/bcrpa
DSW Fitness	Alternative and Integrative Nutrition	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Applying Music in Sport and Exercise	1-800-873-6759	9	www.humankinetics.com/bcrpa
DSW Fitness	Aquatic Core Strength	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Aquatic Exercise for Rehabilitation and Training	1-800-873-6759	20	www.humankinetics.com/bcrpa
DSW Fitness	Balance Training	1-800-873-6759	18	www.humankinetics.com/bcrpa
DSW Fitness	Basic Training for Cycling	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Basic Training for Running	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Be a Successful In-Home/Mobile Trainer	1-800-873-6760	7	www.humankinetics.com/bcrpa
DSW Fitness	Becoming a Coach: Maps and Realities - Live Webinar	520-292-0011	4	www.humankinetics.com/bcrpa
DSW Fitness	Body Building Anatomy	1-800-873-6761	3	www.humankinetics.com/bcrpa
DSW Fitness	Body Composition: Assessments that Work	1-800-873-6761	1	www.humankinetics.com/bcrpa
DSW Fitness	Body Image and Self-Esteem: In Search of Feeling Good about Your Body	1-800-873-6762	1	www.humankinetics.com/bcrpa
DSW Fitness	Bodybuilding Anatomy	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Bodyweight Strength Training Anatomy	1-800-873-6760	4	www.humankinetics.com/bcrpa
DSW Fitness	Boot Camp Complete	1-800-873-6759	4	www.humankinetics.com/bcrpa

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DSW Fitness	Brain-Based Personal Training	1-800-873-6759	3	www.humankinetics.com/bcrpa
DSW Fitness	Breast Cancer Recovery Exercise Program	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Building Physician Partnerships-ten tips for success	520-292-0011	1	www.humankinetics.com/bcrpa
DSW Fitness	Building Physician Partnerships:Ten Tips for Success?	1-800-873-6759	1	www.humankinetics.com/bcrpa
DSW Fitness	Business of Personal Training	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Caffeine for Sports Performance	1-800-873-6761	8	www.humankinetics.com/bcrpa
DSW Fitness	Cardio Coach: Equipment-Based Group Fitness	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Cardiovascular Nutrition and Fitness	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Childhood and Adolescent Nutrition	1-800-873-6759	9	www.humankinetics.com/bcrpa
DSW Fitness	Cognitive Rehab and Memory Enhancement	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Complete Conditioning for Tennis	1-800-873-6759	15	www.humankinetics.com/bcrpa
DSW Fitness	Complete Guide to Foam Rolling	1-800-873-6759	8	www.humankinetics.com/bcrpa
DSW Fitness	Complete Guide to Foam Rolling	1-800-873-6759	8	www.humankinetics.com/bcrpa
DSW Fitness	Complete Guide to TRX	1-800-873-6759	7	www.humankinetics.com/bcrpa
DSW Fitness	Complete Guide to TRX® Suspension Training	1-800-873-6759	7	www.humankinetics.com/bcrpa

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
DSW Fitness	Conditioning to the Core	1-800-873-6765	18	www.humankinetics.com/bcrpa
DSW Fitness	Conditioning Young Athletes	1-800-873-6761	8	www.humankinetics.com/bcrpa
DSW Fitness	Core Conditioning	1-800-873-6759	3	www.humankinetics.com/bcrpa
DSW Fitness	Core Conditioning Exercises	1-800-873-6763	1	www.humankinetics.com/bcrpa
DSW Fitness	Create Your Online Presence	1-800-873-6759	3	www.humankinetics.com/bcrpa
DSW Fitness	Cycling Anatomy	1-800-873-6761	3.5	www.humankinetics.com/bcrpa
DSW Fitness	Developing Agility and Quickness	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Developing Endurance	1-800-873-6761	8	www.humankinetics.com/bcrpa
DSW Fitness	Developing Speed	1-800-873-6761	7	www.humankinetics.com/bcrpa
DSW Fitness	Developing the Core	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Developing Training Plans for Cyclists and Triathletes	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Diabetes and Strength Training	1-800-873-6764	1	www.humankinetics.com/bcrpa
DSW Fitness	Diet, Exercise and Fitness	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Dumbbell Training	217 351 5076	20	www.humankinetics.com
DSW Fitness	Dynamic Warm-up	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Eat.Lift.Thrive.	1-800-873-6759	7	www.humankinetics.com/bcrpa
DSW Fitness	Effective Exercises for Scoliosis	1-800-873-6765	5	www.humankinetics.com/bcrpa
DSW Fitness	Effective Rotator Cuff Exercises	1-800-873-6765	6	www.humankinetics.com/bcrpa
DSW Fitness	Effective Strength Training	1-800-873-6759	15	www.humankinetics.com/bcrpa
DSW Fitness	Encyclopedia of Muscle and Strength	1-800-873-6760	17.5	www.humankinetics.com/bcrpa
DSW Fitness	Enhancing Children's Cognition with Physical Activity Games	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Enlighten Your Body	1-800-873-6759	20	www.humankinetics.com/bcrpa
DSW Fitness	Essential Aqua Pilates	1-800-873-6759	6	www.humankinetics.com/bcrpa

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DSW Fitness	Essentials of Eccentric Training	1-800-873-6765	19	www.humankinetics.com/bcrpa
DSW Fitness	Essentials of Fitness & Health	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Essentials of Fitness & Health Online CE Course - 2nd Edition	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Essentials of Obstacle Race Training	1-800-873-6765	5	www.humankinetics.com/bcrpa
DSW Fitness	Evidence-Based Approach to Ankle Sprains	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Arthritis	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Diabetes	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Fibromyalgia, 2nd ed.	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Heart Disease	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Multiple Sclerosis	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Parkinson's Disease	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Respiratory Disease	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise for Breast Cancer Survivors	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Exercise for Frail Elders	1-800-873-6759	15	www.humankinetics.com/bcrpa
DSW Fitness	Exercise for Individuals with Developmental Disabilities	1-800-873-6759	1	www.humankinetics.com/bcrpa
DSW Fitness	Exercise for Knee and Hip Replacement	1-800-873-6759	8	www.humankinetics.com/bcrpa
DSW Fitness	Exercise Rx for Psychological Health	1-800-873-6759	2	www.humankinetics.com/bcrpa

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DSW Fitness	Explosive Power	1-800-873-6759	3	www.humankinetics.com/bcrpa
DSW Fitness	Extreme Interval Training	1-800-873-6759	3	www.humankinetics.com/bcrpa
DSW Fitness	Fat Metabolism and Gender Differences	1-800-873-6759	2	www.humankinetics.com/bcrpa
DSW Fitness	Fitness Assessment and Exercise Prescription for All Ages™	1-800-873-6765	20	www.humankinetics.com/bcrpa
DSW Fitness	Fitness Cycling	1-800-873-6761	10	www.humankinetics.com/bcrpa
DSW Fitness	FitStrike Kickboxing/MMA Fitness Instructor Foundations	1-800-873-6765	18	www.humankinetics.com/bcrpa
DSW Fitness	Flexibility for Performance	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Foam Roller Fitness	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Fueling Young Athletes	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Functional Training: Breaking the Bonds of Traditionalism	1-800-873-6759	15	www.humankinetics.com/bcrpa
DSW Fitness	Functional Foods part 1	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Functional Training	1-800-873-6761	8	www.humankinetics.com/bcrpa
DSW Fitness	Functional Training: Myofascial Slings	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Fusion Workouts	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Get Published!	1-800-873-6759	1	www.humankinetics.com/bcrpa
DSW Fitness	Golden Wave Functional Water Exercise for Older Adults	1-800-873-6759	16	www.humankinetics.com/bcrpa
DSW Fitness	Golf Conditioning Specialist - Level 1	1-800-873-6759	16	www.humankinetics.com/bcrpa
DSW Fitness	Growing Your Business in a Challenging Economy	1-800-873-6759	1	www.humankinetics.com/bcrpa

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DSW Fitness	High Intensity Training For Women	1-800-873-6763	6	www.humankinetics.com/bcrpa
DSW Fitness	High Performance Training for Sports	1-800-873-6759	25.5	www.humankinetics.com/bcrpa
DSW Fitness	Hill Training for Indoor Cycling	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Holistic Fitness Specialty Certificate	1-800-873-6759	20	www.humankinetics.com/bcrpa
DSW Fitness	Indoor Cycling Basics	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Joint Integrity	1-800-873-6759	3	www.humankinetics.com/bcrpa
DSW Fitness	JrFit™ Youth Fitness Specialty Certificate	1-800-873-6765	20	www.humankinetics.com/bcrpa
DSW Fitness	Kinetic Anatomy	1-800-873-6759	25	www.humankinetics.com/bcrpa
DSW Fitness	Knee Stabilization	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Language-Enriched Exercise for Clients with Alzheimer's Disease	1-800-873-6759	9	www.humankinetics.com/bcrpa
DSW Fitness	Lifestyle Wellness Coaching	1-800-873-6759	23	www.humankinetics.com/bcrpa
DSW Fitness	Low Back Disorders	1-800-873-6761	20	www.humankinetics.com/bcrpa
DSW Fitness	Low Back Injury Prevention and Rehab	1-800-873-6759	20	www.humankinetics.com/bcrpa
DSW Fitness	Marathon Training	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Martial Fitness Kickboxing	1-800-873-6759	20	www.humankinetics.com/bcrpa
DSW Fitness	Maternal and Infant Nutrition	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Maximum Interval Training	1-800-873-6764	10	www.humankinetics.com/bcrpa
DSW Fitness	Metabolism: Facts, Myths, Mysteries and Fallacies	1-800-873-6759	1	www.humankinetics.com/bcrpa
DSW Fitness	Methods of Group Instructions	1-800-873-6759	20	www.humankinetics.com/bcrpa
DSW Fitness	Mom and Baby Exercise	1-800-873-6759	1	www.humankinetics.com/bcrpa

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
DSW Fitness	Monitoring Training and Performance in Athletes	1-800-873-6759	12	www.humankinetics.com/bcrpa
DSW Fitness	Motivating People to be Physically Active	1-800-873-6759	16	www.humankinetics.com/bcrpa
DSW Fitness	Non-diet Weight Management	1-800-873-6759	7	www.humankinetics.com/bcrpa
DSW Fitness	NSCA's Guide to Sport and Exercise Nutrition	1-800-873-6759	14	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Rehab and Healing	1-800-873-6759	11	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Women part 1	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Women part 2	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Women Part 2: Diet & Diseases of Lifestyle	1-800-873-6761	10	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Young Athletes	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition Periodization	1-800-873-6765	4	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition Quackery	1-800-873-6759	8	www.humankinetics.com/bcrpa
DSW Fitness	Nutritional Health for Men	1-800-873-6759	8	www.humankinetics.com/bcrpa
DSW Fitness	Off the Wall	1-800-873-6759	3	www.humankinetics.com/bcrpa
DSW Fitness	Off The Wall-The Ultimate Training Guide for Climbing	1-800-873-6759	3	www.humankinetics.com/bcrpa
DSW Fitness	One Size Doesn't Fit All	520-292-0011	1	www.humankinetics.com/bcrpa
DSW Fitness	Personal Training from A to Z	1-800-873-6759	20	www.humankinetics.com/bcrpa
DSW Fitness	Physical Activity Instruction of Older Adults	1-800-873-6759	20	www.humankinetics.com/bcrpa
DSW Fitness	Pilates Anatomy	1-800-873-6760	8	www.humankinetics.com/bcrpa
DSW Fitness	Pilates Mat Tech: Level 1	1-800-873-6759	7	www.humankinetics.com/bcrpa
DSW Fitness	Plyometric Anatomy	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Plyometrics Training	1-800-873-6759	5	www.humankinetics.com/bcrpa

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
DSW Fitness	POLES for Balance, Mobility and Walking	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Positive Psychology	1-800-873-6765	20	www.humankinetics.com/bcrpa
DSW Fitness	Postural Assessment	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Postural Correction	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Power Training Older Adults	1-800-873-6759	2	www.humankinetics.com/bcrpa
DSW Fitness	Practical Guide to Exercise Physiology	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Practical Nutrition	1-800-465-7301	10	www.humankinetics.com
DSW Fitness	Practical Yoga for Personal Trainers	1-800-873-6759	22	www.humankinetics.com/bcrpa
DSW Fitness	Prenatal and Postpartum Exercise Design	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Pro-active Postural Restructuring	1-800-873-6765	20	www.humankinetics.com/bcrpa
DSW Fitness	Program Design: Choosing Reps, Sets, Loads, Tempo and Rest Periods	1-800-873-6765	8	www.humankinetics.com/bcrpa
DSW Fitness	Reshaping Your Body, Rethinking Your Mind	1-800-873-6759	10	www.humankinetics.com/bcrpa
DSW Fitness	Running Anatomy	1-800-873-6761	3.5	www.humankinetics.com/bcrpa
DSW Fitness	Running Injuries: Strategies for Prevention and Intervention	520-292-0011	5	www.humankinetics.com/bcrpa
DSW Fitness	Science and Development of Muscle Hypertrophy	1-800-873-6759	12	www.humankinetics.com/bcrpa
DSW Fitness	Scientific Back Training	1-800-873-6765	14	www.humankinetics.com/bcrpa
DSW Fitness	Scientific Shoulder Training	520-292-0011	16	www.humankinetics.com/bcrpa
DSW Fitness	Shoulder Girdle Stabilization	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Speed Training for Young Athletes	1-800-873-6765	5	www.humankinetics.com/bcrpa

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
DSW Fitness	Speed, Agility and Quickness	1-800-873-6759	3	www.humankinetics.com/bcrpa
DSW Fitness	Sport Therapy for the Shoulder	1-800-873-6759	7.5	www.humankinetics.com/bcrpa
DSW Fitness	Strength Ball Training	1-800-873-6759	8	www.humankinetics.com/bcrpa
DSW Fitness	Strength Training For Postmenopausal Woman	1-800-873-6759	1	www.humankinetics.com/bcrpa
DSW Fitness	Strength Training for Youth	1-800-873-6759	1	www.humankinetics.com/bcrpa
DSW Fitness	Strength Training Older Adults	1-800-873-6765	7	www.humankinetics.com/bcrpa
DSW Fitness	Strength Training Past 50	1-800-873-6765	8	www.humankinetics.com/bcrpa
DSW Fitness	Stretch to Win	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Stretch to Win	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Stretching Anatomy	1-800-873-6761	4	www.humankinetics.com/bcrpa
DSW Fitness	Tai Chi for Arthritis	1-800-873-6765	10	www.humankinetics.com/bcrpa
DSW Fitness	Technology, Food, Nutrition	1-800-873-6759	7	www.humankinetics.com/bcrpa
DSW Fitness	The Athlete's Guide to Sports Supplements	1-800-873-6762	8	www.humankinetics.com/bcrpa
DSW Fitness	The BEST Exercise Program for Osteoporosis Prevention	1-800-873-6759	8	www.humankinetics.com/bcrpa
DSW Fitness	The Essence of Body Weight Training	1-800-873-6759	21	www.humankinetics.com/bcrpa
DSW Fitness	The Essence of Dumbbell Training	1-800-873-6759	24	www.humankinetics.com/bcrpa
DSW Fitness	The Overweight Client	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	The Physiology of Obesity	1-800-873-6759	2	www.humankinetics.com/bcrpa
DSW Fitness	The Role of Strength Training in Weight Loss	1-800-873-6765	1	www.humankinetics.com/bcrpa
DSW Fitness	Tools to Grow and Retain Your Client Base	1-800-873-6759	2	www.humankinetics.com/bcrpa
DSW Fitness	Total Control	1-800-465-7301	20	www.humankinetics.com/bcrpa

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
DSW Fitness	Total Strength on the Ball	1-800-873-6759	9	www.humankinetics.com/bcrpa
DSW Fitness	Training and Coaching the Competitive Cyclist	1-800-873-6765	4	www.humankinetics.com/bcrpa
DSW Fitness	Training and Nutrition for Optimal Muscle Development	1-800-873-6759	2	www.humankinetics.com/bcrpa
DSW Fitness	Training the Athlete Over 50	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Treating Eating Disorders	1-800-873-6765	8	www.humankinetics.com/bcrpa
DSW Fitness	Triathlon Anatomy	1-800-873-6761	4	www.humankinetics.com/bcrpa
DSW Fitness	Triathlon Science	217 351 5076	25	www.humankinetics.com
DSW Fitness	Vegetarian Nutrition	1-800-873-6759	8	www.humankinetics.com/bcrpa
DSW Fitness	Vegetarian Sports Nutrition	1-800-873-6759	16	www.humankinetics.com/bcrpa
DSW Fitness	W.I.S.E Weight and Wellness webinar series	1-800-873-6759	4	www.humankinetics.com/bcrpa
DSW Fitness	Water Exercise	1-800-873-6759	5	www.humankinetics.com/bcrpa
DSW Fitness	Weight Management for Women	1-800-873-6759	2	www.humankinetics.com/bcrpa
DSW Fitness	Weight Training Program Design Made Simple	217 351 5076	1	www.humankinetics.com
DSW Fitness	Winning Sports Nutrition	1-800-873-6759	22	www.humankinetics.com/bcrpa
DSW Fitness	Yoga for Athletes	1-800-873-6759	5	www.humankinetics.com/bcrpa
Emmie Li	Pilates Essence - The Pelvis	604-862-0999	3	http://bit.ly/2imkHVA
Emmie Li	Top Teaching Techniques	604-862-0999	4	http://wp.me/P3SZ7C-aj
Everyday Athletes Inc.	As a Matter of Back: Text Neck	604-786-3089	2	www.everydayathletes.ca
Everyday Athletes Inc.	SWOT the Business of Bootcamp	604-786-3089	2	www.everydayathletes.ca
Exercises for Injuries	Fix My Back Pain	604-532-5248	3.5	www.ExercisesForInjuries.com
Family Passages / Sue Dumais	A Strong Core for Life	604-312-8203	2	www.familypassages.ca

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Family Passages / Sue Dumais	Core Training for Pregnancy	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Exercise Your Right to be Financially Fit	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Fitness Fertility Specialist Certification	604-312-8203	4	www.familypassages.ca
Family Passages / Sue Dumais	Healing the Postpartum Body - Webinar	604-312-8203	1.5	www.familypassages.ca
Family Passages / Sue Dumais	Pre & Post Natal Fitness Certification - Part 1 Theory	604-312-8203	8	www.familypassages.ca
Family Passages / Sue Dumais	Pre & Post Natal Fitness Certification Part 2	604-312-8203	6	www.familypassages.ca
Family Passages / Sue Dumais	Pregnancy, Posture & Exercise	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Training for Delivery	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Understanding Pelvic Floor Health - Webinar	604-312-8203	1.5	www.familypassages.ca
Family Passages / Sue Dumais	Weight Loss after Pregnancy	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Wired & Tired - Implementing a Stress Management Program for Your Clients	604-312-8203	2	www.familypassages.ca
Family Passages/Sue Dumais	Get Out of Your Own Way & Achieve Success	604-312-8203	12	www.familypassages.ca
Fit 4 Two	It's Never Too Early to be an Active Role Model. Why an Active Pregnancy Matters.	604-602-1546	2	www.fit4two.ca
Fit 4 Two	Postnatal Anatomy and Physiology	604-719-7981	2	www.fit4two.ca

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Fit 4 Two	Postnatal Class and Program Planning	604-719-7980	2	www.fit4two.ca
Fit 4 Two	Postnatal Fitness Guidelines	604-719-7981	2	www.fit4two.ca
Fit 4 Two	Postnatal Fitness Research	604-602-1546	2	www.fit4two.ca
Fit 4 Two	Pre and Postnatal Fitness Certification Day One	604-602-1546	8	www.fit4two.ca
Fit 4 Two	Pre and Postnatal Fitness Specialist Certification	604-719-7981	16	www.fit4two.ca
Fit 4 Two	Pregnancy Abs	604-602-1546	2	www.fit4two.ca
Fit 4 Two	Prenatal Anatomy & Physiology	604-602-1546	2	www.fit4two.ca
Fit 4 Two	Prenatal Class and Program Planning	604-719-7979	2	www.fit4two.ca
Fit 4 Two	Prenatal Fitness Guidelines	604-719-7981	2	www.fit4two.ca
Fit 4 Two	Prenatal Fitness Research	604-602-1546	2	www.fit4two.ca
Fit4Two	Pregnancy & Infant Loss. Being a Conscious Leader	604-719-7981	6	http://www.fit4two.ca/
Fit4Two	Pregnancy & Infant Loss. Being a Conscious Leader.	605-719-7981	6	http://fit4two.ca/training/PPFS-workshop-online-register
Fit4Two	Diastasis Recti Update	605-719-7981	2	http://fit4two.ca
Fix My Back Pain	Exercises for Injuries	604-532-5248	3.5	www.ExercisesForInjuries.com
Fix My Back Pain	Exercises for Injuries	604-532-5248	3.5	www.ExercisesForInjuries.com
GMP Fitness	ABC Fitness Training Specialist	888.467.3488	6	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Athletic Performance Specialist Part 1	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Athletic Performance Specialist Part 2	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
GMP Fitness	Athletic Performance Specialist Part 3	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Back Injury Prevention Specialist	888.467.3488	11	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Balance Performance Specialist Part 1	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Balance Performance Specialist Part 2	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Balance Performance Specialist Part 3	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Balance Progressions Specialist	888.467.3488	6	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Carpal Tunnel Exercise Specialist	888.467.3488	5	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Core Performance Specialist Part 1	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Core Performance Specialist Part 2	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Core Performance Specialist Part 3	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
GMP Fitness	Core Training Specialist	888.467.3488	6	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Cycling Injury Prevention Specialist	888.467.3488	9	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Exercise Development Specialist	888.467.3488	15	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Fibromyalgia Health and Exercise Specialist Lev 1	888.467.3488	30	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Fibromyalgia Health and Exercise Specialist Lev 2	888.467.3488	30	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Flexibility Performance Specialist Part 1	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Flexibility Performance Specialist Part 2	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Flexibility Performance Specialist Part 3	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Flexibility Training Specialist	888.467.3488	5	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Golf Conditioning Specialist	888.467.3488	17	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
GMP Fitness	Golf Injury Prevention Specialist	888.467.3488	6	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Golf Wellness Specialist	888.467.3488	5	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Holistic Enzyme Nutrition and Wellness Specialist	888.467.3488	30	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Holistic Homeopathy and Sports Wellness Specialist	888.467.3488	30	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Holistic Success Specialist	888.467.3488	30	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Knee Injury Prevention Specialist	888.467.3488	11	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Longevity Wellness Specialist	888.467.3488	11	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Lower Body Ball Specialist	888.467.3488	6	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Muscular Performance Self-Therapy Specialist	888.467.3488	30	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Posture Analysis Specialist	888.467.3488	6	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
GMP Fitness	Posture Performance Specialist Part 1	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Posture Performance Specialist Part 2	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Posture Performance Specialist Part 3	888.467.3488	25	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Running Injury Prevention Specialist	888.467.3488	8	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Spinal Health Connection Specialist	888.467.3488	6	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Triathlon Fitness Performance Specialist Part 1	888.467.3488	30	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Triathlon Injury Prevention Specialist	888.467.3488	12	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
GMP Fitness	Triathlon Performance Specialist Part 2	888.467.3488	30	www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses
Go Train Industry Pty Ltd.	Menofitness	61 3 544 33390	5.5	www.menofitness.net
Harmony Fit	Agility and Quickness	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Agility and Quickness	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Anatomy of Cycling	604-836-4686	5	http://www.harmonyfit.ca
Harmony Fit	Anatomy of Cycling	604-836-4686	5	http://www.harmonyfit.ca
Harmony Fit	Conflict Management	604-836-4686	8	http://www.harmonyfit.ca

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Harmony Fit	Developing Self Esteem	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Essential Core	604-836-4686	8	www.harmonyfit.ca
Harmony Fit	Essential Nutrition	604 836 4686	16	www.HarmonyFit.ca
Harmony Fit	Functional Exercise	604 836 4686	8	www.HarmonyFit.ca
Harmony Fit	Group Training Success	604-836-4686	3	http://www.harmonyfit.ca
Harmony Fit	Kinetic Anatomy	604-836-4686	16	http://www.harmonyfit.ca
Harmony Fit	Nutrition Composition	604 836 4686	20	www.HarmonyFit.ca
Harmony Fit	Nutrition You Can Use-Based on the Canada Food Guide	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Simple Pool Workouts	604-836-4786	3	www.harmonyfit.ca
Harmony Fit	Studio Cycle Series	604-836-4686	3	http://www.harmonyfit.ca
Harmony Fit	Time Management	604-836-4686	8	www.harmonyfit.ca
Harmony Fit	Yoga Anatomy	604-836-4686	8	www.harmonyfit.ca
Harmony Fit	Youth Fit	604-836-4686	5	http://www.harmonyfit.ca
HIGH FIVE	Healthy Minds for Healthy Children- HIGH FIVE ®		1	www.highfive.org
INFOFIT Educators	4 Part Masterclass Program: Conceive it, Build it, Bring it, and then Grow it...	604-683-0784	36	www.infofit.ca
INFOFIT Educators	7 Nutritional Lies	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Advanced Training Specialist (ATS) Certification	604-683-0785	15	https://www.infofit.ca/course/advanced-training-specialist/
INFOFIT Educators	Alarming Trends in Women's Health	604-683-0785	1	www.infofit.ca
INFOFIT Educators	APO E Gene Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Are You Fit For Love?	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Back to School Nutrition	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Balancing Your Hormones through Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Boot Camp and Outdoor Fitness	604-683-0785	5	www.infofit.ca

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
INFOFIT Educators	Create & Grow Your Own Online Fitness Business	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Creative Exercise Strategies for the Holidays	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Eating Smart	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Exercise and Nutrition	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Exercise Ideas for Fitness Professionals: Part 1	604-683-0785	8	www.infofit.ca
INFOFIT Educators	Exercise Ideas for Fitness Professionals: Part 2	604-683-0785	10	www.infofit.ca
INFOFIT Educators	Finding Motivation and Creating Consistency	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Fitness Myths and Mysteries	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Foundation of Periodization Training & Program Design Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Functional Facts and Fallacies	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Functional Meditation	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Grow Your PT Business	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Helping Those with Eating Disorders	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Hormone Fitness	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Hormones and Your Health	604-683-0785	1	www.infofit.ca
INFOFIT Educators	How HIIT Enhances Your Performance	604-683-0785	1	www.infofit.ca
INFOFIT Educators	How to Get that Job	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Human Movement Assessment and Analysis Home Study Course	604-683-0785	3	www.infofit.ca

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
INFOFIT Educators	In-Class, One-on-One Training- Cardiac Rehabilitation	604-683-0785	7	www.infofit.ca
INFOFIT Educators	In-Class, One-on-One Training- Earthquake Proof Your Spine	604-683-0785	7	www.infofit.ca
INFOFIT Educators	In-Class, One-on-One Training- Exercise Rehabilitation-Hip, Knee and Ankle	604-683-0785	7	www.infofit.ca
INFOFIT Educators	In-Class, One-on-One Training- Exercise Rehabilitation- Shoulder, Elbow and Wrist	604-683-0785	7	www.infofit.ca
INFOFIT Educators	In-Class, One-on-One Training- Healthy Ageing and Exercise Prescription	604-683-0785	7	www.infofit.ca
INFOFIT Educators	In-Class, One-on-One Training- Muscle Testing, Function and Exercise	604-683-0785	7	www.infofit.ca
INFOFIT Educators	In-Class, One-on-One Training- Muscle Testing, Function and Exercise-DNU	604-683-0785	7	www.infofit.ca
INFOFIT Educators	In-Class, One-on-One Training- Spine and Postural Assessment and Correction	604-683-0785	7	www.infofit.ca
INFOFIT Educators	JrFit- The Trainer's Resource for youth Fitness	604-683-0785	20	www.infofit.ca
INFOFIT Educators	Leadership Skills for Fitness Professionals	604-683-0785	14	www.infofit.ca

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
INFOFIT Educators	Legal Lessons for your Business	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Measuring Fat Loss Accurately in the 21st Century	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Mental Training 101	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Metabolic Resistance Training	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Mindful Eating & Digestion	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Myofascial Release	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Myths & Mysteries of Fitness	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Nutrition for Each Stage of Life	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Nutritional Strategies for the Holidays	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Obesity and Cancer	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Optimal Nutrition Simplified	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Periodization	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Pre & Postnatal Fitness Specialist	604-683-0785	16	www.infofit.ca
INFOFIT Educators	Pre- and Post- Workout	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Preventing Cancer Through Nutrition	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Pros & Cons of HIIT	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Raw Cacao	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Raw Food Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Rest and Recovery	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Social Media Kickstart	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Solve Your Spring Allergies	604-683-0785	1	www.infofit.ca
INFOFIT Educators	SrFit- The Trainer's Resource for Senior Fitness	604-683-0785	20	www.infofit.ca

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
INFOFIT Educators	Strength Training for Vegans/Vegetarians	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Stress, Adrenal & Thyroid	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Stubborn Fat and The HcG Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Stubborn Fat Loss	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Supervisors Workshop	604-683-0785	10	www.infofit.ca
INFOFIT Educators	Supplements for Optimal Athletic Performance	604-683-0785	1	www.infofit.ca
INFOFIT Educators	System 5 Financial Freedom For Personal Trainers	604-683-0785	20	www.infofit.ca
INFOFIT Educators	Tabata - Training Smart of Maximal Results	604-683-0785	1	www.infofit.ca
INFOFIT Educators	The APO E Gene Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	The Certified Sports Nutrition Advisor On-Line education Program	604-683-0785	200	www.infofit.ca
INFOFIT Educators	The Principles of Sports Nutrition	604-683-0785	24	www.infofit.ca
INFOFIT Educators	The Science of Exercise	604-683-0785	11	www.infofit.ca
INFOFIT Educators	The Science of Living Well	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Top Ten Energy Boosters	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Treating Sports Injuries with Prolotherapy	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Understanding Common Movement Dysfunctions Home Study Course (Post Injury Rehab)	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Understanding Dietary Supplements	604-683-0785	1	www.infofit.ca

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
INFOFIT Educators	Understanding Integrative Training Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Understanding Human Movement Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Why Do We Get Fatter As We Age?	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Your First Bodybuilding Competition: What You Should Know	604-683-0785	1	www.infofit.ca
inhometrainer Ltd	The IN Home Trainer's Instructor Workshop	905-872-4637	4	www.inhometrainer.ca/personal-trainer-courses.html
Jaine Priest	Cancer and Exercise Online Training	6042573056	5	N/A
Kim Bond	Posture Perfect Article - Correspondence	604-582-7377	2	www.everydayathletes.ca
Kim Bond	The Science of Fitness Assessing Article - Correspondence	604-582-7377	1	www.everydayathletes.ca
Kinesiologists.ca	The Next Level - Personal Training 2.0-Anthropometric Measurement Techniques Workshop	604-736-9858	8	www.kinesiologists.ca
Kinesiologists.ca	The Next Level- Sugar & Sweetener Nutrition	604-736-9858	4	www.kinesiologists.ca
Melanie Galloway	Fragile Frames	604.732.9295	3	www.growingstrong.ca
On the Edge Fitness Educators	Flexibility Assessment	604-985-7410	3	www.edgefit.ca

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On the Edge Fitness Educators	Fundamentals of Anatomy Part 1	604-985-7410	10	www.edgefit.ca
On the Edge Fitness Educators	Fundamentals of Anatomy Part 2	604-985-7410	10	www.edgefit.ca
On the Edge Fitness Educators	Getting the CORE of the Matter	604-985-7410	3	www.edgefit.ca
On the Edge Fitness Educators	How to sell without "selling"	604-998-3379	3	www.edgefit.ca
On the Edge Fitness Educators	Posture Assessment	604-985-7410	3	www.edgefit.ca
On the Edge Fitness Educators	Special Populations	604-985-7410	10	www.edgefit.ca
On the Edge Fitness Educators	Special Populations	604-998-3379	10	www.edgefit.ca
On the Edge Fitness Educators	Supervisory Skills for Aspiring Leaders	604-985-7410	8	www.edgefit.ca
On the Edge Fitness Educators	The "WOW" factor For Service Excellence	604-998-3379	3	www.edgefit.ca
On the Edge Fitness Educators	Training and Conditioning Program Design	604-985-7410	8	www.edgefit.ca
Personal Training on the Net	Client Assessment, Biomechanics, & Metabolism	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	Client Relations & Business Management	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	Flexibility	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	Lower Extremity Injury Prevention	720-489-0294	2	www.ptonthenet.com

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Personal Training on the Net	Practical Applications of Explosive Lifting & Advanced Strength Training	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	Program Design: Recovery	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	The Muscular System	720-489-0294	2	www.ptonthenet.com
Physical Expressions	Intro to Aquatic Fitness Training	604.785.8776	2	www.phys-x.ca
Physical Expressions	Anatomy Review	604-785-8776	5	www.phys-x.ca
PL3Y Inc.	DANCEPL3Y Kids Instructor Training (Online)	604-704-1031	16	www.pl3yinc.com
Rick Kaselj / Excerciseforinjuries.com	Fix My Shoulder Pain	604-532-5248	3	www.ExerciseForInjuries.com
Rick Kaselj / Excerciseforinjuries.com	Muscle Imbalances Revealed - Lower Body System	604-532-5248	6	www.ExerciseForInjuries.com
Rick Kaselj / Excerciseforinjuries.com	Muscle Imbalances Revealed- Upper Body Edition	888-291-2430	7	www.exercisesforinjuries.com
Rick Kaselj / Excerciseforinjuries.com	The Ultimate Training Guide for Cancer Survivors	888-291-2430	2	www.ExerciseForInjuries.com
Rick Kaselj / ExerciseForInjuries.com	Lower Back Spinal Fusion & Exercise Webinar	604-532-5248	1	www.ExerciseForInjuries.com
Rick Kaselj / ExerciseForInjuries.com	Muscle Imbalances Revealed – Assessment & Exercise	604-532-5248	6	www.ExerciseForInjuries.com

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Rick Kaselj / ExercisesForInjuries.com	Corrective Exercises for Running Injury-free	604-532-5248	1	www.ExerciseForInjuries.com
Rick Kaselj / ExercisesForInjuries.com	Effective Rotator Cuff Exercises	604-532-5248	5	www.ExerciseForInjuries.com
Rick Kaselj / ExercisesForInjuries.com	Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries	604-532-5248	1	www.ExercisesForInjuries.com
Rick Kaselj / ExercisesForInjuries.com	The Most Effective Rotator Cuff Exercise Program	604-532-5248	1	www.ExerciseForInjuries.com
Rick Kaselj / ExercisesForInjuries.com	Truth About Exercise & Osteoporosis	604-532-5248	5	www.ExerciseForInjuries.com
Rick Kaselj / Healing Through Movement	Fitness & Rehab Newsletter Distance Education Workshop - Module 1	604-532-5248	3	www.HealingThroughMovement.com
Rick Kaselj / Healing Through Movement	Fitness & Rehab Newsletter Distance Education Workshop- Module 2	604-532-5248	3	www.HealingThroughMovement.com
Rick Kaselj / Healing Through Movement	The Most Effective Exercises for Scoliosis	604-532-5248	6	www.HealingThroughMovement.com
Success Fitness	Bodyweight Training using the TRX and BOSU	250 886 2490	4	www.successfitness.ca
Success Fitness	Foam Roller Workshop	250 886 2490	2	www.successfitness.ca
Success Fitness	Goals are Essential	250 886 2490	2	www.successfitness.ca
Success Fitness	Personal Trainer Business Roadmap to Success	250 886 2490	4	www.successfitness.ca
Success Fitness	Pre and Postnatal Online Workshop	250 886 2490	3	www.successfitness.ca

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Success Fitness	Training the Obese or Overweight Client	250 886 2490	3	www.successfitness.ca
Tammy Petersen	Exercise Management of Chronic Diseases and Disabilities for All Ages	800-957-7348	20	www.aahf.info
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program	1-866-433-1595	200	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Eight	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Five	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Four	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Nine	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module One	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Seven	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Six	1-866-433-1595	20	www.coryholly.com

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Ten	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Three	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Two	1-866-433-1595	20	www.coryholly.com
The Personal Training Collective	10 Exercise Prescription Strategies for Fitness Therapy.	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	10 Tips for Training Hard Gainers	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	Balancing Work and Personal Time	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	Calories: The Good, The Bad and The Ugly	778-822-6224	1.5	http://courses.brenda-adams.com
The Personal Training Collective	Life Coaching Skills to Inspire your Clients	778-822-6224	1.5	http://courses.brenda-adams.com
The Personal Training Collective	Life Coaching Skills to Inspire your Clients	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	Movement Analysis Made Easy	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	Re-Ignite Your Passion for Teaching	778-822-6224	1.75	www.brenda-adams.com/fitness-workshops
The Personal Training Collective	Resistance Training Exercise Selection: Considerations for Optimal Adaptation	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	S.M.A.R.T. Goal Setting isn't so smart after all	778-822-6224	1	https://academy.theptcollective.com/

BCRPA Pre-approved Distance Education Workshops

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The Personal Training Collective	Sugar Metabolism	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	The Physiology of Inactivity	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	The "Knee"d for Comprehensive Hip Conditioning	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	The Physiology of Inactivity	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	Top 3 Mistakes Trainers Make with Plyometrics	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	Using Life Coaching Skills to Inspire Your Clients to Success	778-822-6224	2	www.brenda-adams.com
The PT Collective	Breathing: It's not just exhaling on exertion	1-888-544-2031	1.5	https://academy.theptcollective.com
The PT Collective	The Essentials of Foam Rolling	1-888-544-2031	2	http://academy.theptcollective.com
Twist Conditioning	Level 1: Twist Sport Performance Essentials: Agility, Quickness and Reactivity	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	Level 1: Twist Sport Performance Essentials: Sport Balance	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Balance	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Balance Advanced Concepts	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Core	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Movement Advanced Concepts	604-904-6556	10	http://twistconditioning.ideafit.com

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Twist Conditioning	Sport Movement Essentials	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Strength Advanced Concepts	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Strength Chest and Back	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Strength Essentials	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Strength Legs and Shoulders	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	SURGE: Dynamic Fluid Resistance Training	604-904-6556	8	http://twistconditioning.ideafit.com
Twist Conditioning Inc	Agility, Quickness & Reactivity	1-888-214-4244	6	www.twistconditioning.com
Twist Conditioning Inc	Level 1: Twist Sport Performance Essentials: Sport Balance	1-888-214-4244	6	www.twistconditioning.com
Twist Conditioning Inc	Level 1: Twist Sport Performance Essentials: Sport Core	1-888-214-4244	6	www.twistconditioning.com
Twist Conditioning Inc	Level 1: Twist Sport Performance Essentials: Sport Strength Chest and Back	604-904-6556	6	www.twistconditioning.com
Twist Conditioning Inc	Level 1: Twist Sport Performance Essentials: Sport Strength Legs and Shoulders	604-904-6556	6	www.twistconditioning.com
Twist Conditioning Inc	Level 2: Twist Sport Performance Progressive Techniques: Sport Balance	604-904-6556	10	www.twistconditioning.com

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Twist Conditioning Inc	Level 2: Twist Sport Performance Progressive Techniques: Sport Movement	604-904-6556	10	www.twistconditioning.com
Twist Conditioning Inc	Level 2: Twist Sport Performance Progressive Techniques: Sport Strength	604-904-6556	10	www.twistconditioning.com
Twist Conditioning Inc	Level 3: Twist Sport Performance Advanced Concepts: Sport Balance	604-904-6556	10	www.twistconditioning.com
Twist Conditioning Inc	Level 3: Twist Sport Performance Advanced Concepts: Sport Movement	604-904-6556	10	www.twistconditioning.com
Twist Conditioning Inc	Level 3: Twist Sport Performance Advanced Concepts: Sport Strength	604-904-6556	10	www.twistconditioning.com
Urban Poling	Urban Poling Instructor Certification Workshop	604-990-7711	4.5	www.urbanpoling.com
WaterART Fitness	Aqua Pre Post Natal Instructor Correspondance	416-621-0821	50	www.waterart.org
WaterART Fitness	Aquatic Arthritis Insturctor Correspondance	416-621-0821	75	http://www.waterart.org/product_info.php?cPath=1_2&products_id=839
WaterART Fitness	Aquatic Kids Instructor Certification Correspondance	416-621-0821	50	www.waterart.org
WaterART Fitness	Aquatic Personal Training	416-621-0821	150	http://www.waterart.org/product_info.php?cPath=1_2&products_id=837
WaterART Fitness	Aquatic Personal Training with Tutorial	416-621-0821	150	http://www.waterart.org/product_info.php?cPath=1_2&products_id=8671
WaterART Fitness	Aquatic Rehabilitation Training	416-621-0821	150	http://www.waterart.org/product_info.php?cPath=1_2&products_id=843

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
WaterART Fitness	Aquatic Running Instructor Training	416-621-0821	50	http://www.waterart.org/product_info.php?cPath=1_2&products_id=8206
WaterART Fitness	Arthritis Instructor Training with Tutorials	416-621-0821	75	http://www.waterart.org/product_info.php?cPath=1_2&products_id=9148
WaterART Fitness	Instrutor Training with Tutorial	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=8113
WaterART Fitness	Instrutor Training without Tutorial	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=835
WaterART Fitness	Managing A Healthy Weight	416-621-0821	50	www.waterart.org
WaterART Fitness	Senior's Instructor Training	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=836
WaterART Fitness	Shape Up and Water Train	416-621-0821	50	www.waterart.org
WaterART Fitness	Sports Conditioning Training	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=6005
WaterART Fitness	Water Walking Instructor Training	416-621-0821	50	http://www.waterart.org/product_info.php?cPath=1_2&products_id=7932
WaterART Fitness	WaterART Common Movement Disorders Instructor Correspondance	416-621-0821	50	www.waterart.org
WaterART Fitness	WaterArt Mind-Body Training	416-621-0821	75	http://www.waterart.org/product_info.php?cPath=1_2&products_id=842
WaterART Fitness	WaterART Parent and Tot/Toddler Training	416-621-0821	50	http://www.waterart.org/product_info.php?cPath=1_2&products_id=6038
WaterART Fitness	Weight Management Consultant Training	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=1363
WaterWays Fitness Head Office	Aquafitness for Older Adults: Part 1		1.5	www.waterwaysfitness.com
WaterWays Fitness Head Office	CALA-WaterWays Fitness Teleclass Recordings		1.5	www.waterwaysfitness.com

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
WaterWays Fitness Head Office	Case Study 1: Designing a comprehensive fitness program for Miriam, a 54 yr old lady in menopause		1.5	www.waterwaysfitness.com
WaterWays Fitness Head Office	Splish! Splash! Aqua Kids		1.5	www.waterwaysfitness.com
WaterWays Fitness Head Office	The 5 Magical Properties of Water - Get all the Facts!		1.5	www.waterwaysfitness.com
WaterWays Fitness Head Office	Water Running "Just a Minute" Class		1.5	www.waterwaysfitness.com