

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
Abbotsford	01-Nov-18	Aboriginal Healthy Living Activities	Susan Meier	604 294 3050	11.5	www.isparc.ca
Delta	21-Oct-18	Kettlebell Workshop	Andrew Heming	604-440-6723	1.5	www.AndrewHeming.com
Delta	21-Oct-18	Partner Training Workshop	Andrew Heming	604-440-6723	1.5	www.AndrewHeming.com
Delta	17-Nov-18	Combatives Workshop (Krav Maga)	Krav Maga Force	604.782.6764	14	www.kravmagaforce.com
Kamloops	26-Oct-18	2018 Annual Fitness Leader Conference	Meghan Drew, YMCA	250.851.1034	10	www.kamloopsy.ca
Kelowna	02-Nov-18	BoxerFit Works	Danielle Klassen	250.861.0665	2	n/a
Kelowna	04-Nov-18	Group Fitness Movements	Danielle Klassen	250.861.0665	4	n/a
Kelowna	04-Nov-18	Step/BOSU Basics	Danielle Klassen	250.861.0665	4	n/a
Kelowna	23-Nov-18	Creative Bands	Danielle Klassen	250.861.0665	2	n/a
Kelowna	25-Nov-18	Boxerfit & Sport-Specific Basics	Danielle Klassen	250.861.0665	4	n/a
Kelowna	25-Nov-18	Stretch & Anatomy	Danielle Klassen	250.861.0665	4	n/a

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Kelowna	26-Jan-19	Flow Sequencing: Yoga	North American School of Yoga Science	778.214.1272	16	www.yogascienceschool.com
Kitimat	27-Oct-18	Tabata GX	Fitness Marketing Group	1.888.290.3488	6	www.FMGonline.ca
Kitimat	27-Oct-18	Tabata GX	Fitness Marketing Group	1.888.290.FITT	6	www.FMGonline.ca
Maple Ridge	01-Aug-25	A Functional Approach to Weight Training and Rehab	Daniel Kram	604.831.1552	14	www.edmondsmassagetherapy.ca
Mill Bay	20-Oct-18	Instructing with Gliding Disks	Kelly Kinghorn	250-743-5922	1.5	www.cvrld.bc.ca
Nanaimo	25-Oct-18	Aboriginal Healthy Living Activities	Susan Meier	604 294 3050	11.5	www.isparc.ca
Nelson	19-Oct-18	Fascia Facts, Myths and Applications	Nelson & District Community Complex	250.354.4386	4	www.rdck.bc.ca
Nelson	21-Oct-18	Nelson Fitness Forum	Nelson & District Community Complex	250.354.4386	7	www.rdck.bc.ca
Nelson	21-Oct-18	The Core Connection	Nelson & District Community Complex	250.354.4386	5	www.rdck.bc.ca
New Westminster	19-Oct-18	Physical Education Conference, Douglas College	Douglas College	604.527.5492	4.5	https://www.douglascollege.ca/programs-courses/continuing-education/sports-institute
North Vancouver	02-Dec-18	21 Point Inspection for Personal Trainers	Sandra Starrett	604.785.8776	4	s-star@shaw.ca

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Online	Ongoing to May 2019	Older Adult Update: Falls & Fractures	Melanie Galloway	604.732.9295	3	melanie@growingstrong.ca
Richmond	14-Oct-18	Refresh Your Aquafit Instruction - Deep & Shallow	Leah Esplen	778.552.4232	4	n/a
Richmond	28-Oct-18	Aquafit for Older Adults	Leah Esplen	778.552.4232	1.5	n/a
Richmond	28-Oct-18	Playing with Aquafit Toys	Leah Esplen	778.552.4232	1.5	n/a
Richmond	17-Nov-18	Indoor Cycling Instructor Certification Course	Rachel Seay	604.315.1656	7	www.innerfitstudios.com
Richmond	24-Nov-18	FAME Fitness and Mobility Exercise for Stroke	Shawna Lum	604.238.8009	7	www.fameexercise.com
Surrey	01-Nov-18	Body Type Workshop	Rhianne Mari	604.501.5958	2	n/a
Surrey	03-Nov-18	Community Exercise Leader Training	Monika Tsia	604.782.5995	5.25	n/a
Tsawwassen	17-Nov-18	Combat Fitness Instructor Course	Krav Maga Force	604.782.6764	14	www.kravmagaforce.com
Vancouver	15-Oct-18	Why all Women Should Lift Weights	Fleur Palliardi	6048955762	1	https://ywcavan.org/fitness/classes/member-clinics
Vancouver	18-Oct-18	Intermittent Fasting: is it good for me?	INFOFIT Educators	6046830785	1	www.infofit.ca
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

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Vancouver	03-Nov-18	Shouldering the Load: Assessing & Training the Ball & Saucer Joint	Inshape Training	604.879.5500	7	www.inshapetraining.net
Vancouver	04-Nov-18	Plyometrics - Jump Higher	INFOFIT Educators	6046830785	4	www.infofit.ca
Vancouver	08-Nov-18	Exercise is Medicine	Fleur Palliardi	6048955762	1	https://ywcavan.org/fitness/classes/member-clinics
Vancouver	17-Nov-18	Body Rolling workshop	Lela Dawson	604 318 3326	6	www.leladpilates.com
Vancouver	17-Nov-18	The Connection Between Abdominal Obesity and Hormonal Imbalance	Inshape Training	604.879.5500	4	www.inshapetraining.net
Vancouver	18-Nov-18	Get Up & Go Instructor Workshop	Debbie Cheong	604.940.0349	4.5	www.osteofit.org
Vancouver	22-Nov-18	Improve your flexibility and mobility	Fleur Palliardi	6048955762	1	https://ywcavan.org/fitness/classes/member-clinics
Vancouver	25-Nov-18	Exercise Rehabilitation - Shoulder, Elbow, Wrist	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	27-Nov-18	How to Market Your Personal Training Business	INFOFIT Educators	604.683.0785	3.5	www.infofit.ca
Vancouver	12-Jan-19	Teaching Precision in Pilates Fitness Mat work	Lela Dawson	604 318 3326	6	www.leladpilates.com
Vancouver	18-Jan-19	Pre and Postnatal Fitness Specialist Course	Melanie Osmack	604-719-7981	16	info@fit4two.ca
Vancouver	26-Jan-19	Pilates Mat with Props	Lela Dawson	604.318.3326	4	www.leladpilates.com
Vancouver	29-Mar-19	Biotensegrity Conference Canada	Maxfit Movement Institute	604.461.6888	up to 21	www.biotensegritycanada.com
Vancouver	12-Apr-19	Pre and Postnatal Fitness Specialist Course	Melanie Osmack	604-719-7981	16	info@fit4two.ca

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Vancouver	13-Apr-19	Pilates for the Active Older Adult	Lela Dawson	604.318.3326	8	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
Vernon	27-Oct-18	Finding Balance: How to add Dual Task Training, Vestibular Exercises, and Agility in Your Classes	Kerry Carlson	250-550-8024	8	www.activeinitiatives.com
Victoria	26-Oct-18	Get Up & Go Instructor Workshop	Debbie Cheong	604.940.0349	4.5	www.osteofit.org
Victoria	27-Oct-18	Island Fitness Conference	Island Fitness Association	250.474.8617	14	www.islandfitnessassociation.com
Victoria	18-Jan-19	Indoor Cycling Certification	Sally Larrington-Brown	250.382.8482	8	n/a