

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	26-Jan-19	Flow Sequencing: Yoga	North American School of Yoga Science	778.214.1272	16	www.yogascienceschool.com
Kelowna	23-Feb-19	Introduction to Hellerwork Structural Integration #1	Ross Short	250 717 3553	16	www.body-wize.com
Langley	16-Dec-18	Oodles of Noodles Aquafit	Township of Langley	604.882.0408	2	www.tol.ca
Maple Ridge	17-May-19	Quest for Wonder Yoga Retreat and workshops	Dorothy Arnett	604 836-0137	7.5	www.zentastic.ca
Richmond	08-Dec-18	Indoor Group Cycling Certification Course	Steve Nash Fitness Clubs	n/a	7.5	www.groupcycling.eventbrite.com
Richmond	19-Jan-19	FitFlow Yoga Fusion	Tina Grant	778.882.9642	4	www.fitflowyoga.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	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

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Vancouver	09-Feb-19	FitFlow Yoga Fusion	Tina Grant	778.882.9642	14	www.fitformation.ca
Vancouver	16-Feb-19	Postural assessment & Correction	INFOFIT Educators	6046830785	7	www.infofit.ca
Vancouver	08-Mar-19	Thai Yoga Massage Level 1: Foundation Skills	Sharon Brown-Horton	604-773-2645	21	www.BanyanThaiMassage.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
Vancouver	13-Apr-19	Pilates for the Active Older Adult	Lela Dawson	604.318.3326	8	www.leladpilates.com
Vancouver	24-May-19	Thai Yoga Massage Level 2: Intermediate	Sharon Brown-Horton	604-773-2645	21	www.BanyanThaiMassage.com
Vancouver	14-Sep-19	Muscle Testing and Function	INFOFIT Educators	6046830785	7	www.infofit.ca
Vancouver	14-Sep-19	Training the Aging Population	INFOFIT Educators	6046830785	7	www.infofit.ca
Vancouver	23-Nov-19	Cardiac Rehabilitation	INFOFIT Educators	6046830785	7	www.infofit.ca
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	18-Jan-19	Indoor Cycling Certification	Sally Larrington-Brown	250.382.8482	8	n/a

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