

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
Courtenay	09-Mar-29	The Core Confidence Specialist	Kim Vopni	604.910.3065	14	www.belliesinceducation.com
Duncan	24-Feb-19	Know Your Body Better (Complete Four-Part Series)	Wendy Bowen Physiotherapy	250.246.8996	16	wendy@wendybowen.com
Duncan	24-Feb-19	Know Your Body Better: Lower Back	Wendy Bowen Physiotherapy	250.246.8996	4	wendy@wendybowen.com
Duncan	31-Mar-19	Know Your Body Better: Pelvis	Wendy Bowen Physiotherapy	250.246.8996	4	wendy@wendybowen.com
Duncan	05-May-19	Know Your Body Better: Hip	Wendy Bowen Physiotherapy	250.246.8996	4	wendy@wendybowen.com
Duncan	26-May-19	Know Your Body Better: Knee	Wendy Bowen Physiotherapy	250.246.8996	4	wendy@wendybowen.com
Kelowna	23-Feb-19	Introduction to Hellerwork Structural Integration #1	Ross Short	250.717.3553	16	www.body-wize.com

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Kelowna	09-Mar-19	Building Core Strength for Yoga and Life	North American School of Yoga	778.214.1272	16	www.yogascienceschool.com
Kitimat	04-May-19	Tabata GX	Fitness Marketing Group Inc	1.888.290.3488	6	www.FMGonline.ca
Maple Ridge	17-May-19	Quest for Wonder Yoga Retreat and workshops	Dorothy Arnett	604.836.0137	7.5	www.zentastic.ca
Merritt	04-May-19	Aqua Combo: Aqua Jogging Formats & Program Design with Warm Water Dynamic and Passive Stretching Techniques	CALA	416.751.9823	4	n/a
Merritt	04-May-19	Aqua Inspiration: Winning Aqua Warm Ups, Creative Cardio using Equipment & Teaching Tips	CALA	416.751.9823	4	n/a
North Vancouver	02-Mar-19	Surefeet Effective Balance & Mobility Training for Seniors: Instructor Workshop	Surefeet.ca	N/A	13	www.surefeet.ca
Osoyoos	09-Mar-19	Tabata GX	Fitness Marketing Group Inc	1.888.290.3488	6	www.FMGonline.ca
Prince Rupert	05-Apr-19	CALA Bridging & Linking Workshop	CALA	416.751.9823	4	n/a
Prince Rupert	05-Apr-19	Oh My Aching Body: Aqua Arthritis	CALA	416.751.9823	4	n/a
Prince Rupert	06-Apr-19	Mind Blowing Choreography	CALA	416.751.9823	4	n/a

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Prince Rupert	06-Apr-19	The Making of a Stronger Fitness Instructor	CALA	416.751.9823	4	n/a
Sechelt	24-Feb-19	Just a Minute Water Running with a Cardio-Abdominal- Core Combination	CALA	416.751.9823	4	n/a
Smithers	28-Apr-19	Tabata GX	Fitness Marketing Group Inc	1.888.290.3488	6	www.FMGonline.ca
Surrey	23-Mar-19	Understanding Anxiety and Depression - Mindfulness Techniques for Fitness & Health Professionals	Donna Hutchinson	778.231.7410	4	www.smilingheartsyoga.com
Vancouver	21-Feb-19	Low Carb Eating: The Dos and Don'ts	Fleur Palliardi	604.895.5762	1	www.ywcahealthandfitness.com
Vancouver	22-Feb-19	Foam Rolling Workshop	Catherine D'Aoust	N/A	7	www.catherinedaoust.com
Vancouver	23-Feb-19	Strength Train Your Core and Back	Catherine D'Aoust	N/A	14	www.catherinedaoust.com
Vancouver	02-Mar-19	The Art of Communicating and Cueing for the Personal Trainer	Inshape Training	604.879.5500	4	www.inshapetraining.net
Vancouver	08-Mar-19	Thai Yoga Massage Level 1: Foundation Skills	Sharon Brown-Horton	604.773.2645	21	www.BanyanThaiMassage.com
Vancouver	17-Mar-19	Healing the Gut	Inshape Training	604.879.5500	4	www.inshapetraining.net
Vancouver	29-Mar-19	Biotensegrity Conference Canada	Maxfit Movement Institute	604.461.6888	up to 21	www.biotensegritycanada.com
Vancouver	30-Mar-19	Plyometrics - Jump Higher	INFOFIT Educators	604.685.0785	4	www.infofit.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	14-Apr-19	1-Day Bellyfit® Instructor Training Course	Bellyfit® Enterprises	250.590.7637	7.75	www.bellyfit.com/training
Vancouver	04-May-19	Pre and Postnatal Fitness Specialist Course	Melanie Osmack	604.719.7981	16	info@fit4two.ca
Vancouver	11-May-19	Body Rolling Workshop	Lela Dawson	604.318.3326	6	www.leladpilates.com
Vancouver	24-May-19	Thai Yoga Massage Level 2: Intermediate	Sharon Brown-Horton	604.773.2645	21	www.BanyanThaiMassage.com
Vancouver	07-Jun-19	Foam Rolling Workshop	Catherine D'Aoust	N/A	7	www.catherinedaoust.com
Vancouver	08-Jun-19	Strength Train Your Core and Back	Catherine D'Aoust	N/A	14	www.catherinedaoust.com
Vancouver	14-Sep-19	Muscle Testing and Function	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	14-Sep-19	Training the Aging Population	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	23-Nov-19	Cardiac Rehabilitation	INFOFIT Educators	604.683.0785	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	Pilates Mat Work Tutorial Workshop	Lela Dawson	604.318.3326	5	www.leladpilates.com
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	01-Mar-19	Kettlebell Workshop	Success Fitness	250.886.2490	1.5	www.successfitness.ca

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Victoria	02-Mar-19	Finding Balance: How to add Dual Task Training, Vestibular Exercises, and Agility in Your Classes	Active Initiatives	250.550.8024	4	www.activeinitiatives.com
Victoria	05-Apr-19	Indoor Cycling Instructors Certification Workshop	Success Fitness	250.886.2490	5	www.successfitness.ca
West Vancouver	03-Mar-19	Prenatal Exercise Training for Health Professionals	Ainslie Kehler	n/a	2.5	www.drainsliek.com
West Vancouver	31-Mar-19	Arthritis Instructor Certification	Julie Tynam - WaterART Fitness International	416.621.0821	8	n/a