

## 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
Burnaby	06-Apr-19	WaterART - Aquatic Instructor Certification	Julie Tynam - WaterART Fitness International	1.866.543.9838	16	<a href="http://www.waterart.org">www.waterart.org</a>
Calgary	04-May-19	Barre Above with Pilates Focus	Fitness Marketing Group Inc	1.888.290.3488	8	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
Courtenay	09-Mar-29	The Core Confidence Specialist	Kim Vopni	604.910.3065	14	<a href="http://www.belliesineducation.com">www.belliesineducation.com</a>
Dawson Creek	08-Jun-19	Aqua In Motion	Charlene Kopansky	4167519823	4	n/a
Dawson Creek	09-Jun-19	Movement Matters	Charlene Kopansky	4167519823	4	n/a
Duncan	05-May-19	Know Your Body Better: Hip	Wendy Bowen Physiotherapy	250.246.8996	4	<a href="mailto:wendy@wendybowen.com">wendy@wendybowen.com</a>
Duncan	26-May-19	Know Your Body Better: Knee	Wendy Bowen Physiotherapy	250.246.8996	4	<a href="mailto:wendy@wendybowen.com">wendy@wendybowen.com</a>

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Kamloops	06-Apr-19	YMCA National Group Strength Instructor Course	YMCA	250-372-7725	50	<a href="http://www.kamloopsy.org">www.kamloopsy.org</a>
Kelowna	13-Apr-19	Creative Bands	Danielle Klassen	2508610665	2	n/a
Kelowna	27-Apr-19	Breaking Down Group Fitness	Danielle Klassen	2508610665	4	n/a
Kitimat	04-May-19	Tabata GX	Fitness Marketing Group Inc	1.888.290.3488	6	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
Maple Ridge	17-May-19	Quest for Wonder Yoga Retreat and workshops	Dorothy Arnett	604.836.0137	7.5	<a href="http://www.zentastic.ca">www.zentastic.ca</a>
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
Newton	06-Apr-19	Kettlebell Training	Rhianne Mari	604-501-5958	3	n/a
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
Smithers	28-Apr-19	Tabata GX	Fitness Marketing Group Inc	1.888.290.3488	6	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
Terrace	05-May-19	Barre Above	Fitness Marketing Group Inc	1.888.290.3488	8	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
Vancouver	13-Apr-19	FitFlow Yoga Fusion	Tina Grant	778.882.9642	4	<a href="http://www.fitflowyoga.ca">www.fitflowyoga.ca</a>
Vancouver	13-Apr-19	Pilates for the Active Older Adult	Lela Dawson	604.318.3326	8	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Vancouver	13-Apr-19	Yoga for Kids!	Tina Grant	778.882.9642	3	<a href="http://www.fitflowyoga.ca">www.fitflowyoga.ca</a>
Vancouver	14-Apr-19	1-Day Bellyfit® Instructor Training Course	Bellyfit® Enterprises	250.590.7637	7.75	<a href="http://www.bellyfit.com/training">www.bellyfit.com/training</a>
Vancouver	17-Apr-19	The Top 6 Health Benefits of a Plant Based Diet - Webinar	INFOFIT Educators	604.683.0785	1	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	28-Apr-19	Brand Yourself! Three Steps to Creating Your Unique Fitness Brand	INFOFIT Educators	604.683.0785	4	<a href="https://www.infofit.ca/course/brand-three-steps-creating-unique-fitness-brand/">https://www.infofit.ca/course/brand-three-steps-creating-unique-fitness-brand/</a>
Vancouver	04-May-19	Pre and Postnatal Fitness Specialist Course	Melanie Osmack	604.719.7981	16	<a href="mailto:info@fit4two.ca">info@fit4two.ca</a>
Vancouver	10-May-19	Enhanced Performance Training Systems: Coaches Mentorship	Enhanced Performance	604.620.1994	40	<a href="http://www.enhancedperformance.ca">www.enhancedperformance.ca</a>
Vancouver	11-May-19	Body Rolling Workshop	Lela Dawson	604.318.3326	6	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Vancouver	24-May-19	Thai Yoga Massage Level 2: Intermediate	Sharon Brown-Horton	604.773.2645	21	<a href="http://www.BanyanThaiMassage.com">www.BanyanThaiMassage.com</a>

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Vancouver	02-Jun-19	Making Waves Aquatic Fitness Conference 2019	Sandra Starrett	604.785.8776	7.25	<a href="http://www.phys-x.ca">www.phys-x.ca</a>
Vancouver	07-Jun-19	Foam Rolling Workshop	Catherine D'Aoust	N/A	7	<a href="http://www.catherinedaoust.com">www.catherinedaoust.com</a>
Vancouver	08-Jun-19	Strength Train Your Core and Back	Catherine D'Aoust	N/A	14	<a href="http://www.catherinedaoust.com">www.catherinedaoust.com</a>
Vancouver	09-Jun-19	Modifications for Pre & Post Natal in Pilates Mat	Lela Dawson	6043183326	6	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Vancouver	14-Jul-19	Take Your Gluteus to the Maximus	Inshape Training	604.879.5500	6	<a href="http://www.inshapetraining.net">www.inshapetraining.net</a>
Vancouver	14-Sep-19	Muscle Testing and Function	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	14-Sep-19	Training the Aging Population	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	23-Nov-19	Cardiac Rehabilitation	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	Ongoing	Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	Ongoing	Apprenticeship Training Program 1	INFOFIT Educators	604.683.0785	28	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	Ongoing	Pilates Mat Work Tutorial Workshop	Lela Dawson	604.318.3326	5	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Vancouver	Ongoing - contact for information	ActivAge™	Kaitlin Atkinson	604.629.0965 ext. 227	8	<a href="https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/">https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/</a>
Vancouver	Private Instruction	Personal Training Marketing	INFOFIT Educators	604.683.0785	8	<a href="http://www.infofit.ca/infofit-courses">www.infofit.ca/infofit-courses</a>
Victoria	05-Apr-19	Indoor Cycling Instructors Certification Workshop	Success Fitness	250.886.2490	5	<a href="http://www.successfitness.ca">www.successfitness.ca</a>
Victoria	03-May-19	Indoor Cycling Certification	Sally Larrington-Brown	250-382-8482	8	n/a

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Victoria	25-May-19	Older Adults Exercises and Lesson Plans	Body Blueprint	2507445633	5	<a href="http://www.bodyblueprint.com">www.bodyblueprint.com</a>
West Vancouver	04-May-19	Functional Strength for Older Adults	Monica Thomson	604-808-9471	5	n/a