

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
Aldergrove	09-Jun-19	Building Blocks for Deep Water Choreography	Deborah Reid	778.878.0746	2	www.tol.bc.ca
Burnaby	08-Jun-19	1-Day Bellyfit® Instructor Training Course	Tantra Fitness Burnaby	250-590-7637	8	http://www.bellyfit.com/store/product_detail/burnaby-bc-june-8-2019
Burnaby	21-Sep-19	1-Day Bellyfit® Instructor Training Course	Tantra Fitness Burnaby	250-590-7637	8	http://www.bellyfit.com/store/product_detail/burnaby-bc-sept-21-2019
Coquitlam	25-May-19	Balletone	Fitness Marketing Group Inc	1.888.290.3488	8	www.FMGonline.ca
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	26-May-19	Know Your Body Better: Knee	Wendy Bowen Physiotherapy	250.246.8996	4	wendy@wendybowen.com
Kamloops	27-May-19	GroupRx 28	Meghan Drew	250-377-5919	2	kamloopsy.ca

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Kelowna	08-Jun-19	Yin Yoga Teacher Training: Level One	North American School of Yoga Science	250-808-8835	20	www.yogascienceschool.com
Kelowna	15-Jun-19	Yin Yoga Teacher Training: Level Two	North American School of Yoga Science	250-808-8835	20	www.yogascienceschool.com
North Vancouver	09-Jun-19	The Relationship between Strength & Mobility	Janelle Eisler Carr	604-983-6534	2	www.nvrc.ca
North Vancouver	13-Jul-19	The Mobility-Stability Relationship	Brian Justin	604.785.8776	6	www.phys-x.ca
North Vancouver	28-Sep-19	21 Point Inspection for Personal Trainers	Brian Justin	604.785.8776	6	www.phys-x.ca
Richmond	22-Jun-19	Indoor Cycling Instructor Certification	Rachel Seay	604-315-1656	7	www.innerfitstudios.com
Terrace	22-Jun-19	Barre Above	Fitness Marketing Group Inc	1.888.290.3488	8	www.FMGonline.ca
Vancouver	24-May-19	Thai Yoga Massage Level 2: Intermediate	Sharon Brown-Horton	604.773.2645	21	www.BanyanThaiMassage.com
Vancouver	02-Jun-19	Making Waves Aquatic Fitness Conference 2019	Sandra Starrett	604.785.8776	7.25	www.phys-x.ca
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	09-Jun-19	Modifications for Pre & Post Natal in Pilates Mat	Lela Dawson	6043183326	6	www.leladpilates.com
Vancouver	23-Jun-19	Market Yourself! How to Figure Out Which Marketing Tactics Suck and Which are Worth your Time	Infofit Educators	604.683.0785	4	www.infofit.ca/course/market-yourself

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Vancouver	14-Jul-19	Take Your Gluteus to the Maximus	Inshape Training	604.879.5500	6	www.inshapetraining.net
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Vancouver	27-Jul-19	The Power of Hormones	Inshape Training	604-879-5500	4	www.inshapetraining.net
Vancouver	28-Jul-19	Brand Yourself! Three Steps to Creating Your Unique Fitness Brand	INFOFIT Educators	604.683.0785	4	https://www.infofit.ca/course/brand-three-steps-creating-unique-fitness-brand/
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	19-Oct-19	Pilates Fitness Level Two Workshop	Lela Dawson	604-318-3326	8	http://www.leladpilates.com
Vancouver	20-Oct-19	Teaching Precision in Pilates Fitness Mat Work	Lela Dawson	604-318-3326	6	http://www.leladpilates.com
Vancouver	23-Nov-19	Cardiac Rehabilitation	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	23-Nov-19	Body Rolling Workshop	Lela Dawson	604-318-3326	6	http://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	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

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Vancouver	23-Jun-19	The Art of Communicating & Cueing for the Personal Trainer	Ryan Delaney	604.879.5500	4	www.inshapetraining.net
Vancouver	06-Jul-19	The Mobility-Stability Relationship	Inshape Training	604-879-5500	6	www.inshapetraining.net
Vernon	08-Jun-19	Tabata GX	Fitness Marketing Group Inc	1.888.290.3488	6	www.FMGonline.ca
Victoria	25-May-19	Older Adults Exercises and Lesson Plans	Body Blueprint	2507445633	5	www.bodyblueprint.com
West Vancouver	08-Jun-19	Exercise Progressions and Regressions	Monica Thomson	604.808.9471	5	www.canadianfitness.net
West Vancouver	08-Jun-19	Mobility for Aging Joints and Bones	Monica Thomson	604.808.9471	5	www.canadianfitness.net
West Vancouver	22-Jun-19	Mobility for Aging Joints and Bones	Monica Thomson	604-808-9471	5	www.canadianfitness.net
West Vancouver	21-Sep-19	Stability and Balance Strategies for Older Adults	Monica Thomson	604.808.9471	5	www.canadianfitness.net