

## 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	21-Sep-19	1-Day Bellyfit® Instructor Training Course	Tantra Fitness Burnaby	250-590-7637	8	<a href="http://www.bellyfit.com/store/product_detail/burnaby-bc-sept-21-2019">http://www.bellyfit.com/store/product_detail/burnaby-bc-sept-21-2019</a>
Comox	01-Aug-19	Choreography, Noodle Challenge, Water Running & Aqua Kick Box Workshop	Dylan T Harries	416-751-9823	7	<a href="mailto:cala_aqua@mac.com">cala_aqua@mac.com</a>
Coquitlam	15-Sep-19	POUND Pro Training	Poirier Sport and Leisure Complex	604-927-6027	8	<a href="https://poundfit.com/event/20190915-coquitlam-bc/">https://poundfit.com/event/20190915-coquitlam-bc/</a>
Edmonton, AB	07-Sep-19	Barre Above With Pilates Focus	Fitness Marketing Group	780-496-7410	8	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
Edmonton, AB	08-Sep-19	Balletone by Barre Above	Fitness Marketing Group	780-496-7410	8	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
North Vancouver	13-Jul-19	The Mobility-Stability Relationship	Brian Justin	604.785.8776	6	<a href="http://www.phys-x.ca">www.phys-x.ca</a>

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North Vancouver	28-Sep-19	21 Point Inspection for Personal Trainers	Brian Justin	604.785.8776	6	<a href="http://www.phys-x.ca">www.phys-x.ca</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-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	27-Jul-19	The Power of Hormones	Inshape Training	604-879-5500	4	<a href="http://www.inshapetraining.net">www.inshapetraining.net</a>
Vancouver	28-Jul-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	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	19-Oct-19	Pilates Fitness Level Two Workshop	Lela Dawson	604-318-3326	8	<a href="http://www.leladpilates.com">http://www.leladpilates.com</a>
Vancouver	20-Oct-19	Teaching Precision in Pilates Fitness Mat Work	Lela Dawson	604-318-3326	6	<a href="http://www.leladpilates.com">http://www.leladpilates.com</a>
Vancouver	23-Nov-19	Cardiac Rehabilitation	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	23-Nov-19	Body Rolling Workshop	Lela Dawson	604-318-3326	6	<a href="http://www.leladpilates.com">http://www.leladpilates.com</a>
Vancouver	17-Jan-20	Pre and Postnatal Fitness Specialist Course	Fit 4 Two	604-719-7981	16	<a href="http://www.fit4two.ca">www.fit4two.ca</a>
Vancouver	24-Apr-20	Pre and Postnatal Fitness Specialist Course	Fit 4 Two	604-719-7981	16	<a href="http://www.fit4two.ca">www.fit4two.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>

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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>
Vancouver	13-Jul-19	FAME Fitness and Mobility Exercise for Stroke	Janice Eng	604-714-4117	7	<a href="http://www.fameexercise.com">www.fameexercise.com</a>
Vancouver	27-Jul-19	Cue Movement and Exercise with Hip Anatomy	Fleur Palliardi	603-353-1830	2	<a href="mailto:fpalliardi@telus.net">fpalliardi@telus.net</a>
Vancouver	24-Aug-19	Barre Above With Pilates Focus	Fitness Marketing Group	780-496-7410	8	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
Vancouver	04-Oct-19	Modifications for Pre & Post Natal in Pilates Mats	Lela Dawson	604-318-3326	6	<a href="http://www.leladpilates.com">http://www.leladpilates.com</a>
Vancouver	04-Oct-19	Pre and Postnatal Fitness Specialist Course	Fit 4 Two	604-719-7981	16	<a href="http://www.fit4two.ca">www.fit4two.ca</a>
Victoria	14-Jul-19	Movement and Mobility	Sally Larrington-Brown	250-382-8482	3	<a href="mailto:cfitness@shaw.ca">cfitness@shaw.ca</a>
Victoria	25-Jul-19	Stay LASER Focused	Lee Cassells	250-382-9668	2.5	<a href="http://www.myITclubs.com">www.myITclubs.com</a>
West Vancouver	28-Jul-19	Neuromuscular and Common Movement Disorder	WaterART Fitness International	416-621-0821	8	Please phone
West Vancouver	21-Sep-19	Stability and Balance Strategies for Older Adults	Monica Thomson	604.808.9471	5	<a href="http://www.canadianfitness.net">www.canadianfitness.net</a>

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