

## 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.

Column1	Column2	Column3	Column4	Column5	Column6	Column7
Abbotsford	02-Nov-19	Cardiac Rehab Exercise Leader Workshop	Whitney Hendry	604-851-4700 ext. 640 422	5.25	<a href="#">Please Call</a>
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>
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/20 190915-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>
Kelowna	26-Oct-19	Chair Yoga	Siri Marken	250-808-8835	16	<a href="http://www.yogascienceschool.com">www.yogascienceschool.com</a>
Kelowna	29-Feb-20	Yin Yoga Level One	Siri Marken	250-808-8835	20	<a href="http://www.yogascienceschool.com">www.yogascienceschool.com</a>
Kelowna	25-Apr-20	Core Strength for yoga and Life	Siri Marken	250-808-8835	20	<a href="http://www.yogascienceschool.com">www.yogascienceschool.com</a>

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Kelowna	30-May-20	Restorative Yoga Level One	Siri Marken	250-808-8835	16	<a href="http://www.yogascienceschool.com">www.yogascienceschool.com</a>
Kelowna	13-Jun-20	How to Teach Posture for Yoga and Life	Siri Marken	250-808-8835	16	<a href="http://www.yogascienceschool.com">www.yogascienceschool.com</a>
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>
Powell River	22-Sep-19	Moves and Modifications - Making it Work for You	CALA	416-751-9823	3	<a href="mailto:cala_aqua@mac.com">cala_aqua@mac.com</a>
Powell River	30-Nov-19	Fundamentals of Nutrition for Exercise & Athletic Performance	City of Powell River, Parks, Rec & Culture	604-485-2891	8	<a href="http://www.powellriverprc.ca">www.powellriverprc.ca</a>
Prince George	28-Sep-19	Reach for Inspiration 2019 Indoor Cycling Instructor Certification Course	Shari Uhrich	250-562-9341	10.5	<a href="http://www.nbc.ymca.ca">www.nbc.ymca.ca</a>
Richmond	24-Aug-19	Barre Above With Pilates Focus	Rachel Seay	604-315-0612	7	<a href="http://www.innerfitstudios.com">www.innerfitstudios.com</a>
Vancouver	24-Aug-19	Martket Yourself!	INFOFIT Educators	604.683.0785	4	<a href="https://www.infofit.ca/course/market-yourself/">https://www.infofit.ca/course/market-yourself/</a>
Vancouver	25-Aug-19	Muscle Testing and Function	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
Vancouver	27-Sep-19	Pilates Teacher Training: Movement Principles	Meridian Pilates Studio	604-730-4094	16	<a href="http://www.meridianpilates.ca/teacher-training/">www.meridianpilates.ca/teacher-training/</a>
Vancouver	03-Oct-19	Athletic Footwear: What Every Fitness Professional Should Know	LadySport	604-733-1173	2	Please Call
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>

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Vancouver	05-Oct-19	Modifications for Pre & Post Natal in Pilates Mats	Lela Dawson	604-318-3326	6	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Vancouver	18-Oct-19	Strength Train Your Core	Catherine D'Aoust	604.329.1257	7	<a href="http://www.catherinedaoust.com">www.catherinedaoust.com</a>
Vancouver	19-Oct-19	Strength Train Your Back	Catherine D'Aoust	604.329.1257	7	<a href="http://www.catherinedaoust.com">www.catherinedaoust.com</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	Foam Rolling	Catherine D'Aoust	604.329.1257	7	<a href="http://www.catherinedaoust.com">www.catherinedaoust.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	Body Rolling Workshop	Lela Dawson	604-318-3326	6	<a href="http://www.leladpilates.com">http://www.leladpilates.com</a>
Vancouver	24-Nov-19	Cardiac Rehabilitation	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</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>
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>

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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>
West Vancouver	23-Nov-19	Exercise Progressions & Regressions	Monica Thomson	604.808.9471	5	<a href="http://www.canadianfitness.net">www.canadianfitness.net</a>