

## 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
Coquitlam	23-Nov-19	Mitochondria: Strength, Energy & Healthy Brain Function	Inshape Training	604-879-5500	4	<a href="http://www.inshapetraining.net">www.inshapetraining.net</a>
Coquitlam	23-Nov-19	Shallow & Deep Water Certified Instructor Training	WaterART	416-621-0821	16	<a href="http://www.waterart.org">www.waterart.org</a>
Courtney	07-Dec-19	Older Adult Exercises, Strength and Flexibility	Bodyblue Print	250-744-5633	7	<a href="http://www.bodyblueprint.com">www.bodyblueprint.com</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>
Kelowna	30-May-20	Restorative Yoga Level One	Siri Marken	250-808-8835	16	<a href="http://www.yogascienceschool.com">www.yogascienceschool.com</a>

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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>
Langley	02-Nov-19	Cardia Rehab Exercise Leader Workshop Course #586283	James Palframan	604-822-0408	5.25	Please Call
Langley	04-Feb-20	Intro to Chair Yoga	Grove Yoga School	604-882-9094	24	<a href="http://www.groveyogaschool.com">www.groveyogaschool.com</a>
Langley	18-Feb-20	Advancing Chair Yoga	Grove Yoga School	604-882-9094	24	<a href="http://www.groveyogaschool.com">www.groveyogaschool.com</a>
Langley	03-Mar-20	Restorative Yoga Basics	Grove Yoga School	604-882-9094	24	<a href="http://www.groveyogaschool.com">www.groveyogaschool.com</a>
North Vancouver	20-Oct-19	Effective Balance & Mobility Training for Seniors Workshop	Surefeet	604-417-6441	12	<a href="http://www.surefeet.ca">www.surefeet.ca</a>
North Vancouver	23-Nov-19	21 Point Inspection for Personal Trainers	Sandra Starrett	604-785-8776	6	<a href="mailto:s-star@shaw.ca">s-star@shaw.ca</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>
Richmond	02-Nov-19	Indoor Cycling Instructor Certification Course	Rachel Seay	604-315-0612	7	<a href="http://www.innerfitstudios.com">www.innerfitstudios.com</a>
Salmon Arm	24-Nov-19	How to Teach DANCE FIT	Pam Wenzel	250-833-8927	4	<a href="mailto:dancefitgirls123@gmail.com">dancefitgirls123@gmail.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	Finding Balance: Dual Task, Cognitive, and Vestibular Exercise Workshop	Active Initiatives	250-550-8024	7	<a href="http://www.activeinitiatives.com">http://www.activeinitiatives.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	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>

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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	27-Oct-19	Sell Yourself! How to NOT be a Pushy Salesperson and Still Get Clients	Simplifit Marketing	604-440-1258	4	<a href="http://www.infofit.ca/course/sell-yourself">www.infofit.ca/course/sell-yourself</a>
Vancouver	10-Nov-19	Corrective Exercises for the Ankle & Foot	Inshape Training	604-879-5500	5	<a href="http://www.inshapetraining.net">www.inshapetraining.net</a>
Vancouver	15-Nov-19	Thai Yoga Massage Level 1: Foundation Skills	Sharon Brown-Horton	604-773-2645	21	<a href="http://www.BanyanThaiMassage.com">www.BanyanThaiMassage.com</a>
Vancouver	23-Nov-19	RockTape FMT Basic	RockTape - Jody Sinwald	416-477-0768	8	<a href="http://rocktape.ca/fmt-basic-performance-vancouver-bc-november-23-24/">http://rocktape.ca/fmt-basic-performance-vancouver-bc-november-23-24/</a>
Vancouver	23-Nov-19	RockTape FMT Performance	RockTape - Jody Sinwald	416-477-0768	16	<a href="http://rocktape.ca/fmt-basic-performance-vancouver-bc-november-23-24/">http://rocktape.ca/fmt-basic-performance-vancouver-bc-november-23-24/</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	07-Mar-20	Thai Yoga Massage Level 1: Foundation Skills	Sharon Brown-Horton	604-773-2645	21	<a href="http://www.BanyanThaiMassage.com">www.BanyanThaiMassage.com</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	22-May-20	Thai Massage - Level 2: Intermediate	Sharon Brown-Horton		21	<a href="http://www.BanyanThaiMassage.com">www.BanyanThaiMassage.com</a>

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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	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 1 Program	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	ActiveAge™	Noelle Virtue	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>
Vernon	09-Nov-19	Tabata GX	Fitness Marketing Group	780-496-7410	6	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
Vernon	17-Nov-19	Balance Yoga With The Chair	Rhona Parsons	250-308-8616	4	<a href="http://www.rhonaparsons.com">www.rhonaparsons.com</a>
Victoria	26-Oct-19	Island Fitness Conference	Island Fitness Association	250-474-8694	14	<a href="http://www.islandfitnessassociation.com">www.islandfitnessassociation.com</a>
Victoria	03-Nov-19	Older Adult Exercise Workshop	Bodyblue Print	778-433-8884	7	<a href="http://www.bodyblueprint.com">www.bodyblueprint.com</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>
West Vancouver	30-Nov-19	Stability & Balance Strategies for Older Adults	Monica Thomson	604.808.9471	5	<a href="http://www.canadianfitness.net">www.canadianfitness.net</a>