

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
Abbotsford	24-Nov-19	TRX: Setting Your Standards	TNT Fitness	604-302-9671	4	www.tntfitness.ca
Abbotsford	19-Jan-20	TRX: Setting Your Standards	TNT Fitness	604-302-9671	4	www.tntfitness.ca
Abbotsford	16-Feb-20	TRX: Setting Your Standards	TNT Fitness	604-302-9671	4	www.tntfitness.ca
Abbotsford	15-Mar-20	TRX: Setting Your Standards	TNT Fitness	604-302-9671	4	www.tntfitness.ca
Abbotsford	12-Apr-20	TRX: Setting Your Standards	TNT Fitness	604-302-9671	4	www.tntfitness.ca
Abbotsford	17-May-20	TRX: Setting Your Standards	TNT Fitness	604-302-9671	4	www.tntfitness.ca
Abbotsford	14-Jun-20	TRX: Setting Your Standards	TNT Fitness	604-302-9671	4	www.tntfitness.ca
Coquitlam	23-Nov-19	Mitochondria: Strength, Energy & Healthy Brain Function	Inshape Training	604-879-5500	4	www.inshapetraining.net

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Coquitlam	23-Nov-19	Shallow & Deep Water Certified Instructor Training	WaterART	416-621-0821	16	www.waterart.org
Courtenay	07-Dec-19	Older Adult Exercises, Strength and Flexibility	Bodyblue Print	250-744-5633	7	www.bodyblueprint.com
Courtenay	08-Feb-20	Core Confidence Specialist Course	Kim Vopni	604-910-3065	14	www.belliesinceducation.com
Kelowna	29-Feb-20	Yin Yoga Level One	Siri Marken	250-808-8835	20	www.yogascienceschool.com
Kelowna	25-Apr-20	Core Strength for yoga and Life	Siri Marken	250-808-8835	20	www.yogascienceschool.com
Kelowna	30-May-20	Restorative Yoga Level One	Siri Marken	250-808-8835	16	www.yogascienceschool.com
Kelowna	13-Jun-20	How to Teach Posture for Yoga and Life	Siri Marken	250-808-8835	16	www.yogascienceschool.com
Langley	04-Feb-20	Intro to Chair Yoga	Grove Yoga School	604-882-9094	24	www.groveyogaschool.com
Langley	18-Feb-20	Advancing Chair Yoga	Grove Yoga School	604-882-9094	24	www.groveyogaschool.com
Langley	03-Mar-20	Restorative Yoga Basics	Grove Yoga School	604-882-9094	24	www.groveyogaschool.com
New Westminster	24-Nov-19	Market Yourself! How to figure out which fitness marketing tactics suck and which are actually worth your time	Simplifit Marketing	604-527-5472	4	Please Call
New Westminster	01-Dec-19	Sell Yourself! How to not be a pushy salesperson and still get clients	Simplifit Marketing	604-527-5472	4	Please Call
North Vancouver	23-Nov-19	21 Point Inspection for Personal Trainers	Sandra Starrett	604-785-8776	6	s-star@shaw.ca

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North Vancouver	13-Dec-19	Healthy Eating and Weight Loss (HWL)	Joanne Mulhall	N/A	20	https://register.canfitpro.com/ClassList/Index/HWL
Powell River	30-Nov-19	Fundamentals of Nutrition for Exercise & Athletic Performance	City of Powell River, Parks, Rec & Culture	604-485-2891	8	www.powellriverprc.ca
Richmond	15-Dec-19	Indoor Cycling Instructor Certification Course	Rachel Seay	604-315-0612	7	www.innerfitstudios.com
Richmond	12-Jan-20	Indoor Cycling Teaching Ideas to Go!	Rachel Seay	604-315-0612	4	www.innerfitstudios.com
Salmon Arm	24-Nov-19	Level 1 - "Back to the Basics"	Pam Wenzel	250-833-8927	4	dancefitgirls123@gmail.com
Salmon Arm	24-Nov-19	Level 2 - How to Teach "DANCE FIT"	Pam Wenzel	250-833-8927	4	dancefitgirls123@gmail.com
Vancouver	23-Nov-19	RockTape FMT Basic	RockTape - Jody Sinwald	416-477-0768	8	http://rocktape.ca/fmt-basic-performance-vancouver-bc-november-23-24/
Vancouver	23-Nov-19	RockTape FMT Performance	RockTape - Jody Sinwald	416-477-0768	16	http://rocktape.ca/fmt-basic-performance-vancouver-bc-november-23-24/
Vancouver	23-Nov-19	Body Rolling Workshop	Lela Dawson	604-318-3326	6	http://www.leladpilates.com
Vancouver	24-Nov-19	Cardiac Rehabilitation	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	06-Dec-19	Apparatus 1 Teacher Training	Meridian Pilates Studio	604-730-4094	14	https://www.meridianpilates.ca/teacher-training/
Vancouver	17-Jan-20	Pre and Postnatal Fitness Specialist Course	Fit 4 Two	604-719-7981	16	www.fit4two.ca
Vancouver	08-Feb-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com

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Vancouver	07-Mar-20	Thai Yoga Massage Level 1: Foundation Skills	Sharon Brown-Horton	604-773-2645	21	www.BanyanThaiMassage.com
Vancouver	04-Apr-20	Finding Balance: Dual Task, Cognitive, and Vestibular Exercise Workshop	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Vancouver	24-Apr-20	Pre and Postnatal Fitness Specialist Course	Fit 4 Two	604-719-7981	16	www.fit4two.ca
Vancouver	27-Apr-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	7	www.activeinitiatives.com
Vancouver	22-May-20	Thai Massage - Level 2: Intermediate	Sharon Brown-Horton	604-773-2645	21	www.BanyanThaiMassage.com
Vancouver	06-Jun-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Vancouver	Private Instruction	Personal Training Marketing	INFOFIT Educators	604.683.0785	8	www.infofit.ca/infofit-courses
Vancouver	Ongoing	Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	www.infofit.ca
Vancouver	Ongoing	Apprenticeship Training 1 Program	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	ActiveAge™	Noelle Virtue	604.629.0965 ext. 227	8	https://www.bcrpa.bc.ca/everything-else/activeage-choose-to-move/
Vernon	25-Jan-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com

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Vernon	07-Mar-20	Finding Balance: Dual Task, Cognitive, and Vestibular Exercise Workshop	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Victoria	09-Feb-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
West Vancouver	23-Nov-19	Exercise Progressions & Regressions	Monica Thomson	604.808.9471	5	www.canadianfitness.net
West Vancouver	30-Nov-19	Stability & Balance Strategies for Older Adults	Monica Thomson	604.808.9471	5	www.canadianfitness.net
White Rock	23-Nov-19	Group Fitness Practicum	Teri Lee Sampson	604-789-8374	16	N/A
United States - Alexandria, VA	05-Mar-20	IDEA Personal Trainer Institute	IDEA Health & Fitness Association	1-800-999-4332	varies	https://www.ideafit.com/fitness-conferences/idea-personal-trainer-institute