

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	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
Chilliwack	04-Apr-20	RockTape FMT Basic and Advanced	RockTape	416-477-0768	12	http://www.rocktape.ca/medical/education/fmt-basic-and-performance/
Courtenay	08-Feb-20	Core Confidence Specialist Course	Kim Vopni	604-910-3065	14	www.belliesinceducation.com
Delta	09-Feb-20	Barre Method - Fundamentals	Jenine Lehfeltd	604-603-9642	5	www.sweetserenityyoga.com

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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
Mission	22-Feb-20	RockTape FMT Blades and Blades Advanced	RockTape	416-477-0768	12	rocktape.ca/fmt-blades-blades-advanced-mission-bc-february-22-23/
North Vancouver	16-Feb-20	Healthy Eating and Weight Loss Coach	Joanne Mulhall	778--387-7110	9	http://www.corewellnesssolutions.com/webinars-workshops-courses.html
North Vancouver	22-Feb-20	Reducing Effect of Muscle Loss Related to Ageing or Sedentary Lifestyle	Team Fitness	604-767-4207	4	www.tftrainingprograms.com
North Vancouver	28-Mar-20	Muscle UP and Noodle Bootcamp	WaterART	604-401-9029	8	www.waterart.org
North Vancouver	28-Mar-20	Aquatic Instructor Certification	WaterART	604-401-9029	16	www.waterart.org
North Vancouver	04-Apr-20	Healthy Eating and Weight Loss Coach	Joanne Mulhall	778--387-7110	9	http://www.corewellnesssolutions.com/webinars-workshops-courses.html
Salmon Arm	22-Mar-20	Level 1 - "Back to the Basics"	Pam Wenzel	250-833-8927	4	dancefitgirls123@gmail.com

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Salmon Arm	22-Mar-20	Level 2 - How to Teach "DANCE FIT"	Pam Wenzel	250-833-8927	4	dancefitgirls123@gmail.com
Vancouver	25-Jan-20	Thai Yoga Massage: Seated Position	Sharon Brown-Horton	604-773-2645	7	www.banyanthaimassage.com
Vancouver	31-Jan-20	Reformer 2 Teacher Training	Meridian Pilates Studio	604-730-4094	16	https://www.meridianpilates.ca/teacher-training/
Vancouver	08-Feb-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Vancouver	12-Feb-20	The Great Shoe Debate	LadySport	Please register by link	2	https://www.eventbrite.ca/e/the-great-running-shoe-debate-tickets-89647950433
Vancouver	15-Feb-20	FIRE - Female Self Defense	INFOFIT Educators	604.683.0785	2	www.infofit.ca
Vancouver	16-Feb-20	Exercise Rehabilitation - Should, Elbow, and Wrist	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	18-Feb-20	Carb IQ: Comparing Keto, Paleo and Low Carb	YWCA	604-895-5761	1	please phone
Vancouver	23-Feb-20	Foam Rolling Workshop	Catherine D'Aoust	please register by link	7	catherinedaoustfitness.com
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

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Vancouver	18-Apr-20	Pilates Fitness Level Two	Lela Dawson	604.318.3326	8	www.leladpilates.com
Vancouver	19-Apr-20	Teaching with Precision in Pilates	Lela Dawson	604.318.3326	6	www.leladpilates.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	16-May-20	Body Rolling	Lela Dawson	604.318.3326	6	www.leladpilates.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	07-Jun-20	Foam Rolling Workshop	Catherine D'Aoust	please register by link	7	catherinedaoustfitness.com
Vancouver	28-Jun-20	Exercise Rehabilitation - Should, Elbow, and Wrist	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	27-Sep-20	Postural Assessment & Correction	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	18-Oct-20	Foam Rolling Workshop	Catherine D'Aoust	please register by link	7	catherinedaoustfitness.com
Vancouver	06-Dec-20	Training the Aging Population	INFOFIT Educators	604.683.0785	7	www.infofit.ca
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

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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	Pilates Fitness Tutorial	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/activage-choose-to-move/
Vernon	25-Jan-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
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	09-Feb-20	Exercise Progressions & Regressions	Monica Thomson	604.808.9471	5	www.canadianfitness.net
Canada	Ongoing	FMT Movement Specialist & FMT Movement Specialist Advanced	Functional Movement Training (FMT)	760-494-9340	12	https://www.rocktape.com/medical/education/fmt-movement-specialist/
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