## 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<sup>®</sup> 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<sup>\*</sup>. This list is updated regularly on The Registry<sup>®</sup> website after you have logged in. All workshops listed on The Registry<sup>®</sup> 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
						http://www.rocktape.ca/medic
		RockTape FMT Basic and				al/education/fmt-basic-and-
Chilliwack	04-Apr-20	Advanced	RockTape	416-477-0768	12	performance/
		Core Confidence Specialist				www.holliosincoducation.com
Courtenay	08-Feb-20	Course	Kim Vopni	604-910-3065	14	www.belliesinceducation.com
		Barre Method -				
Delta	09-Feb-20	Fundamentals	Jenine Lehfeldt	604-603-9642	5	www.sweetserenityyoga.com

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LOCATION	Date	WORKSHOP TITLE	CONTACT	TELEPHONE #	CREDIT VALUE	WEBSITE
Kelowna	29-Feb-20	Yin Yoga Level One	Siri Marken	250-808-8835	20	www.yogascienceschool.com
		Core Strength for yoga and				
Kelowna	25-Apr-20	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
		How to Teach Posture for				
Kelowna	13-Jun-20	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	<b>Restorative Yoga Basics</b>	Grove Yoga School	604-882-9094	24	www.groveyogaschool.com
						rocktape.ca/fmt-blades-blades-
		RockTape FMT Blades and				advanced-mission-bc-february-
Mission	22-Feb-20	Blades Advanced	RockTape	416-477-0768	12	<u>22-23/</u>
						http://www.corewellnesssoluti
North		Healthy Eating and Weight				ons.com/webinars-workshops-
Vancouver	16-Feb-20	Loss Coach	Joanne Mulhall	778387-7110	9	<u>courses.html</u>
North		Reducing Effect of Muscle Loss Related to Ageing or				
Vancouver	22-Feb-20	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
	20-10101-20	•	WaterAni	004-401-9029	0	www.waterart.org
North	20.1420	Aquatic Instructor		604 404 0000	10	
Vancouver	28-Mar-20	Certification	WaterART	604-401-9029	16	www.waterart.org
						http://www.corewellnesssoluti
North		Healthy Eating and Weight				ons.com/webinars-workshops-
Vancouver	04-Apr-20	Loss Coach	Joanne Mulhall	778387-7110	9	<u>courses.html</u>
		Level 1 - "Back to the				
Salmon Arm	22-Mar-20	Basics"	Pam Wenzel	250-833-8927	4	dancefitgirls123@gmail.com

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LOCATION	Date	WORKSHOP TITLE	CONTACT	TELEPHONE #	CREDIT VALUE	WEBSITE
		Level 2 - How to Teach				
Salmon Arm	22-Mar-20	"DANCE FIT"	Pam Wenzel	250-833-8927	4	dancefitgirls123@gmail.com
		Thai Yoga Massage: Seated				
Vancouver	25-Jan-20	Position	Sharon Brown-Horton	604-773-2645	7	www.banyanthaimassage.com
		Reformer 2 Teacher	Meridian Pilates			https://www.meridianpilates.c
Vancouver	31-Jan-20	Training	Studio	604-730-4094	16	a/teacher-training/
		Optimizing Hip and Knee				
Vancouver	08-Feb-20	Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
						https://www.eventbrite.ca/e/t
				Please register	_	he-great-running-shoe-debate-
Vancouver	12-Feb-20	The Great Shoe Debate	LadySport	by link	2	tickets-89647950433
			INFOFIT Educators	604.683.0785		www.infofit.ca
Vancouver	15-Feb-20	FIRE - Female Self Defense			2	
					_	
.,		Exercise Rehabilitation -	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	16-Feb-20	Should, Elbow, and Wrist				
			20100			
	40 F.k. 20	Carb IQ: Comparing Keto,	YWCA	604-895-5761	1	<u>please phone</u>
Vancouver	18-Feb-20	Paleo and Low Carb				
				please register	-	
	22 Fab 20		Catherine D'Aoust	by link	7	and he will be a start fitter and a start
Vancouver	23-Feb-20	Foam Rolling Workshop				catherinedaoustfitness.com
	07 Mar 20	Thai Yoga Massage Level 1:			21	www.BanyanThaiMassage.com
Vancouver	07-Mar-20	Foundation Skills	Sharon Brown-Horton	004-773-2645	21	
		Finding Palance, Dual Test				
		Finding Balance: Dual Task,				
Vancouvor	04 Apr 20	Cognitive, and Vestibular	Active Initiatives	250-550-8024	0	
Vancouver	04-Apr-20	Exercise Workshop	Active initiatives	230-330-8024	8	www.activeinitiatives.com

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Date	WORKSHOP TITLE	CONTACT	TELEPHONE #	CREDIT VALUE	WEBSITE
18-Apr-20	Pilates Fitness Level Two	Lela Dawson	604.318.3326	8	www.leladpilates.com
19-Apr-20	Teaching with Precision in Pilates	Lela Dawson	604.318.3326	6	www.leladpilates.com
24-Apr-20	Pre and Postnatal Fitness Specialist Course	Fit 4 Two	604-719-7981	16	www.fit4two.ca
27-Apr-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	7	www.activeinitiatives.com
16-May-20	, ,	Lela Dawson	604.318.3326	6	www.leladpilates.com
22-May-20	Intermediate	Sharon Brown-Horton	604-773-2645	21	www.BanyanThaiMassage.com
06-Jun-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
07-Jun-20	Foam Rolling Workshop	Catherine D'Aoust	please register by link	7	catherinedaoustfitness.com
28-Jun-20	Exercise Rehabilitation - Should, Elbow, and Wrist	INFOFIT Educators	604.683.0785	7	www.infofit.ca
27-Sep-20	Postural Assessment & Correction	INFOFIT Educators	604.683.0785	7	www.infofit.ca
18-Oct-20	Foam Rolling Workshop	Catherine D'Aoust	please register by link	7	catherinedaoustfitness.com
06-Dec-20	Training the Aging Population	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Private Instruction	Personal Training Marketing	INFOFIT Educators	604.683.0785	8	www.infofit.ca/infofit-courses
Ongoing	Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	www.infofit.ca
	18-Apr-20 19-Apr-20 24-Apr-20 27-Apr-20 27-Apr-20 22-May-20 06-Jun-20 06-Jun-20 28-Jun-20 28-Jun-20 18-Oct-20 18-Oct-20 18-Oct-20 06-Dec-20 Private Instruction	18-Apr-20 Pilates Fitness Level Two Teaching with Precision in 19-Apr-20 Pilates 24-Apr-20 Specialist Course 24-Apr-20 Specialist Course 27-Apr-20 Function 16-May-20 Body Rolling Thai Massage - Level 2: 22-May-20 Intermediate 0-Jun-20 Function 06-Jun-20 Function 07-Jun-20 Foam Rolling Workshop 28-Jun-20 Should, Elbow, and Wrist Postural Assessment & 27-Sep-20 Correction 18-Oct-20 Foam Rolling Workshop 18-Oct-20 Population Private Instruction Personal Training Marketing Ongoing Apprenticeship Training 2	18-Apr-20Pilates Fitness Level TwoLela Dawson19-Apr-20Teaching with Precision in PriatesLela Dawson19-Apr-20Pre and Postnatal Fitness24-Apr-20Specialist CourseFit 4 Two0ptimizing Hip and KneeOptimizing Hip and Knee27-Apr-20FunctionActive Initiatives16-May-20Body RollingLela Dawson16-May-20Body RollingLela Dawson22-May-20IntermediateSharon Brown-Horton Optimizing Hip and Knee06-Jun-20FunctionActive Initiatives07-Jun-20Foam Rolling WorkshopCatherine D'Aoust07-Jun-20Foam Rolling WorkshopINFOFIT Educators28-Jun-20Should, Elbow, and WristINFOFIT Educators28-Jun-20Foam Rolling WorkshopINFOFIT Educators28-Jun-20Foam Rolling WorkshopINFOFIT Educators28-Jun-20Foam Rolling WorkshopINFOFIT Educators28-Jun-20Postural Assessment & Training the AgingINFOFIT Educators18-OCt-20Foam Rolling WorkshopTraining the Aging06-Dec-20PopulationINFOFIT EducatorsPrivate InstructionPersonal Training Marketing 2INFOFIT EducatorsOproingApprenticeship Training 2INFOFIT Educators	18-Apr-20Pilates Fitness Level Two Teaching with Precision in PilatesLela Dawson604.318.332619-Apr-20Pre and Postnatal Fitness Specialist CourseFit 4 Two604.318.332624-Apr-20Specialist CourseFit 4 Two604-719-798127-Apr-20FunctionActive Initiatives250-550-802416-May-20Body RollingLela Dawson604.318.332622-May-20FunctionActive Initiatives250-550-802416-May-20Body RollingLela Dawson604.713-264522-May-20IntermediateSharon Brown-Horton604.773-264506-Jun-20FunctionActive Initiatives250-550-802407-Jun-20Foam Rolling WorkshopCatherine D'Aoustplease register by link28-Jun-20Foam Rolling WorkshopINFOFIT Educators604.683.078528-Jun-20Foam Rolling WorkshopINFOFIT Educators604.683.078529-Sep-20Foam Rolling WorkshopInferine D'Aoustplease register by link20-Sep-20Foam Rolling WorkshopINFOFIT Educators604.683.078560-Dec-20PopulationINFOFIT Educators604.683.0785Private InstructioPersonal Training Marketirg <td< td=""><td>DateWORKSHOP TITLECONTACTTELEPHONE # VALUE18-Apr-20Pilates Fitness Level TwoLela Dawson604.318.3326819-Apr-20PilatesLela Dawson604.318.3326619-Apr-20Pre and Postnatal FitnessLela Dawson604.719.79811624-Apr-20Specialist CourseFit 4 Two604.719.7981160ptimizing Hip and KneeOptimizing Hip and Knee250-550-8024716-May-20Body RollingLela Dawson604.318.3326622-May-20IntermediateSharon Brown-Horton604-773-26452106-Jun-20FunctionActive Initiatives250-550-8024807-Jun-20Foam Rolling WorkshopCatherine D'Aoustplease register by link728-Jun-20Foam Rolling WorkshopINFOFIT Educators604.683.0785728-Jun-20Foam Rolling WorkshopINFOFIT Educators604.683.0785718-Oct-20Foam Rolling WorkshopINFOFIT Educators604.683.0785718-Oct-20Foam Rolling WorkshopINFOFIT Educators604.683.0785718-Oct-20Foam Rolling WorkshopINFOFIT Educators604.683.0785718-Oct-20PopulationINFOFIT Educators604.683.078537Private InstructionPersonal Training Marketing INFOFIT Educators604.683.078537OronoingApprenticeship Training 2INFOFIT Educators604.683.078537</td></td<>	DateWORKSHOP TITLECONTACTTELEPHONE # VALUE18-Apr-20Pilates Fitness Level TwoLela Dawson604.318.3326819-Apr-20PilatesLela Dawson604.318.3326619-Apr-20Pre and Postnatal FitnessLela Dawson604.719.79811624-Apr-20Specialist CourseFit 4 Two604.719.7981160ptimizing Hip and KneeOptimizing Hip and Knee250-550-8024716-May-20Body RollingLela Dawson604.318.3326622-May-20IntermediateSharon Brown-Horton604-773-26452106-Jun-20FunctionActive Initiatives250-550-8024807-Jun-20Foam Rolling WorkshopCatherine D'Aoustplease register by link728-Jun-20Foam Rolling WorkshopINFOFIT Educators604.683.0785728-Jun-20Foam Rolling WorkshopINFOFIT Educators604.683.0785718-Oct-20Foam Rolling WorkshopINFOFIT Educators604.683.0785718-Oct-20Foam Rolling WorkshopINFOFIT Educators604.683.0785718-Oct-20Foam Rolling WorkshopINFOFIT Educators604.683.0785718-Oct-20PopulationINFOFIT Educators604.683.078537Private InstructionPersonal Training Marketing INFOFIT Educators604.683.078537OronoingApprenticeship Training 2INFOFIT Educators604.683.078537

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LOCATION	Date	WORKSHOP TITLE	CONTACT	TELEPHONE #	CREDIT VALUE	WEBSITE
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/every thing-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/me dical/education/fmt-movement- specialist/
United States - Alexandria, VA		IDEA Personal Trainer Institute	IDEA Health & Fitness Association	1-800-999-4332	2 varies	https://www.ideafit.com/fitnes s-conferences/idea-personal- trainer-institute