

BCRPA Pre-approved Distance Education Workshops

Important Notice:

• Please be advised that all workshops are offered and/or facilitated by **independent** presenters/providers. While the BCRPA Fitness Program approves that the proposed content of the workshop is applicable to fitness leaders, ***the BCRPA Fitness Program is not affiliated with their operation and delivery and assumes no further responsibility or liability to registrants/participants taking these workshops***. All inquiries, registrations and any other issues are to be referred directly to the workshop providers.

Courses are organized alphabetically by **Organization** then by **CEC Value**, then alphabetically by **Workshop Title**.

ORGANIZATION	WORKSHOP TITLE	PHONE	CECs	WEBSITE
Aaron Tews	The NeXT Level - Protein - How Much is too Much	778-574-1190	2.5	www.kinesiologists.ca
Aaron Tews	The NeXT Level: Functional Anatomy of the Hip	778-574-1190	3	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Functional Anatomy of the Shoulder	778-574-1190	4	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Neck Core Stabilization	778-574-1190	3	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Kinesiology of Resistance Training	778-574-1190	4	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Part 1: Sugars & Sweeteners	778-574-1190	4	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Resistance Training Program Design	778-574-1190	6	www.kinesiologists.ca
Accelerated Online Learning	Ultimate Guide to Human Gross Anatomy	888-738-8147	10	www.sesonlinece.com/bcrpa

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Accelerated Online Learning	Ultimate Guide to Screening and Rehabilitation of Lower Extremity Injuries	888-738-8147	11	www.sesonlinece.com/bcrpa
Alive Academy	Natural Health Fundamentals - Unit 1	604-295-9124	20	www.aliveacademy.com
Alive Academy	Nutritional Sciences - Unit 3	604-295-9124	20	www.aliveacademy.com
Alive Academy	Sports & Fitness Nutrition - Unit 2	604-295-9124	20	www.aliveacademy.com
Alive Academy	Vegetarian Nutrition - Unit 4	604-295-9124	20	www.aliveacademy.com
Alive Academy	Sports & Fitness Nutrition Certificate Program (CSNC)	604-295-9124	45	www.aliveacademy.com
Alive Academy	Advanced Nutrition Diploma Program (CSNC/CHN)	604-295-9124	60	www.aliveacademy.com
American Academy of Health and Fitness	Cancer and the Older Adult: The Personal Trainer's Resource	1-800-957-7348	10	www.aahf.info
American Academy of Health and Fitness	Nutrition for Special Dietary Needs	1-800-957-7348	10	www.aahf.info
American Academy of Health and Fitness	Advanced Fitness Assessment and Exercise Prescription	1-800-957-7348	20	www.aahf.info
American Academy of Health and Fitness	Back Stability: Integrating Science and Therapy	1-800-957-7348	20	www.aahf.info
American Academy of Health and Fitness	JrFit: The Personal Trainer's Resource for Youth Fitness	1-800-957-7348	20	www.aahf.info

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American Academy of Health and Fitness	SrFit Mature Fitness Program	1-800-957-7348	20	www.aahf.info
American Academy of Health and Fitness	The Fitness Professional's Guide to Coaching Lifestyle Wellness™	1-800-957-7348	20	www.aahf.info
American Academy of Health and Fitness	Exercise and Cancer Survivorship	1-800-957-7348	11	www.aahf.info
American Academy of Health and Fitness	The Janda System of Evaluation and Treatment of Muscle Imbalance	1-800-957-7348	20	www.aahf.info
American Academy of Health and Fitness	Strength Training Older Adults	1-800-957-7348	13	www.aahf.info
American Academy of Health and Fitness	Developing Agility and Quickness for Sport Performance	1-800-957-7348	8	www.aahf.info
American Academy of Health and Fitness	Prenatal and Postpartum Exercise Prescription	1-800-957-7348	10	www.aahf.info
American Academy of Health and Fitness	Combined Training: Evidence-Based Practice Strength and Conditioning Programming	1-800-957-7348	5	www.aahf.info
American Academy of Health and Fitness	Empower Martial Fitness Kickboxing	1-800-957-7348	20	www.aahf.info
American Academy of Health and Fitness	Empower Self Defense Phases 1 & 2	1-800-957-7348	20	www.aahf.info
American Academy of Health and Fitness	Cancer Exercise Certificate	1-800-957-7348	20	www.aahf.info
BCRPA	BCRPA- E Learning	604-629-0965	vary	http://elearn.bcrpa.bc.ca/

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BCRPA	Choose to Move	604-629-0965	7	https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/
Bellyfit	Bellyfit Instructor Certification	250-590-7637	8	www.bellyfit.com
Body Blueprint	The Power of Positive Thinking	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Biomechanical Deficits and Corrective Exercises	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Knee Anatomy Ailments and Injuries	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	101 Best Cable Exercises	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Active Kids; Training the Child and Teen, and Family Fitness	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Advanced Personal Training	778-433-8884	16	www.bodyblueprint.com
Body Blueprint	Anatomy: The Next Level	778-433-8884	32	www.bodyblueprint.com
Body Blueprint	Aquatic Personal Training	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Awesome Abs; Advanced Core Stability	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Balance and Chair Exercises	778-433-8884	8	www.bodyblueprint.com
Body Blueprint	Better Butts: Anatomy and Exercises for the Muscles of the Leg and Thigh	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Bootcamp and Outdoor Fitness	778-433-8884	5	www.bodyblueprint.com
Body Blueprint	BOSU; Both Sides Up	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Chronic Inflammation Part 1	778-433-8884	1	www.bodyblueprint.com

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Body Blueprint	Chronic Inflammation Part 2	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Conflict Resolution and Dealing with Difficult Behaviours	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Effective Communication	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Exercise Ball VODcast	778-433-8884	1	www.bodyblueprint.com
Body Blueprint	Exercises and Alternatives for Functional Movement VODcast	778-433-8884	1	www.bodyblueprint.com
Body Blueprint	Fabulous Fat Burning	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Functional Training for Optimum Movement VODcast	778-433-8884	2.5	www.bodyblueprint.com
Body Blueprint	Functional Training and Identifying Movement Patterns	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Goal Setting and Motivation	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	HIIT: High Intensity Interval Training	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Hip and Pelvis Anatomy Workshop	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Improving Squat Technique VODcast	778-433-8884	1	www.bodyblueprint.com
Body Blueprint	Knee Anatomy Course (new)	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Leadership Skills	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Magic of Muscles; Strength and Flexibility	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Mechanics of Stretching	778-433-8884	4	www.bodyblueprint.com

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Body Blueprint	Multi-Joint/ Compound Exercises for Functional Movement	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Nutrition for Fitness	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Older Adult Fitness	778-433-8884	20	www.bodyblueprint.com
Body Blueprint	On the Ball	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Perfect Posture	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Personal Trainer's: Building your Business (used to be PTs Roadmap to Success)	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Physique Competition Prep	778-433-8884	5	www.bodyblueprint.com
Body Blueprint	Posture and Assessment VODcast	778-433-8884	1	www.bodyblueprint.com
Body Blueprint	Powerlifting 101: Powerlifting to Win!	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Safety in the Weight Room	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Self Esteem and Body Image	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Shoulder Anatomy, Ailments, Injuries and Exercises	778-433-8884	6	www.bodyblueprint.com
Body Blueprint	Spinal Anatomy, Ailments, Injuries and Exercises	778-433-8884	5	www.bodyblueprint.com
Body Blueprint	Squat Shop	778-433-8884	5	www.bodyblueprint.com
Body Blueprint	Stress Management and Relaxation	778-433-8884	3	www.bodyblueprint.com
Body Blueprint	Supervisors Course	778-433-8884	10	www.bodyblueprint.com
Body Blueprint	Third Age Instructor	778-433-8884	18	www.bodyblueprint.com

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Body Blueprint	Total Body Tubing	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Training the Elite Athlete	778-433-8884	16	www.bodyblueprint.com
Body Blueprint	Training The Runner	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Travel Teaching	778-433-8884	2.5	www.bodyblueprint.com
Body Blueprint	Wholistic Fitness	778-433-8884	4	www.bodyblueprint.com
Body Blueprint	Wobble Board and Improving Balance Workshop	778-433-8884	2	www.bodyblueprint.com
Body Blueprint	Workout without Weights	778-433-8884	4	www.bodyblueprint.com
C.H.E.K Institute	Scientific Shoulder Training Home Study	760-477-2620	16	www.chekinstitute.com
C.H.E.K. Institute	Choosing a Lumbar Lifting Posture	760-477-2620	2	www.chekinstitute.com
C.H.E.K. Institute	Squatology	760-477-2620	4	www.chekinstitute.com
C.H.E.K. Institute	Advanced Swiss Ball Training for Rehabilitation	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Assessing Core Function	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Core Conditioning Exercises	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Functional Anatomy of the Back	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Functional Anatomy of the Core	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	High Performance Core Conditioning	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Primal Pattern Movements	760-477-2620	5	www.chekinstitute.com
C.H.E.K. Institute	Program Design	760-477-2620	8	www.chekinstitute.com
C.H.E.K. Institute	Swiss Ball Training	760-477-2620	10	www.chekinstitute.com
C.H.E.K. Institute	Understanding Force Couple Relationships	760-477-2620	10	www.chekinstitute.com

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C.H.E.K. Institute	Dynamic Medicine Ball Training	760-477-2620	13	www.chekinstitute.com
C.H.E.K. Institute	Advanced Program Design	760-477-2620	15	www.chekinstitute.com
C.H.E.K. Institute	Female Training - Equal But Not the Same	760-477-2620	15	www.chekinstitute.com
C.H.E.K. Institute	Scientific Back Training	760-477-2620	20	www.chekinstitute.com
C.H.E.K. Institute	Scientific Core Conditioning	760-477-2620	24	www.chekinstitute.com
Catherine D'Aoust or GAIA adventures	Body Ball Basic Workshop	604-329-1257	2	www.gaiaadventures.com
Debbie Cheong (Osteofit)	Osteofit - Arthritis Cautions & Modifications in Exercise for Older Adults	604-940-0349	1.5	www.osteofit.org
Debbie Cheong (Osteofit)	Osteofit - Exploring Progressive Overload in Exercise for Older Adults	604-940-0349	2.5	www.osteofit.org
Douglas College	Online Aerobic and Anarobic Fitness - Session 3	604-527-5472	7	www.douglas.bc.ca/ce/sport
Douglas College	Online Body Composition and Flexibility - Session 1	604-527-5472	7	www.douglas.bc.ca/ce/sport
Douglas College	Online Resolving Conflict in a Sports Organization	604-527-5472	7	www.douglas.bc.ca/ce/sport
Douglas College	Online Strength, Endurance and Power - Session 2	604-527-5472	7	www.douglas.bc.ca/ce/sport
Douglas College	Online Part 1 - Pre and Post Natal Theory	604-527-5472	8	www.douglas.bc.ca/ce/sport
Douglas College	Online Nutrition Knowledge Course	604-527-5472	21	www.douglas.bc.ca/ce/sport

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Douglas College	Online Techniques in Fitness Assessment	604-527-5472	21	www.douglas.bc.ca/ce/sport
DSW Fitness	Advanced Reps, Sets and Loads for Hypertrophy and Strength	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Body Composition: Assessments that Work	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Body Image and Self-Esteem: In Search of Feeling Good about Your Body	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Building Physician Partnerships- ten tips for success	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Building Physician Partnerships:Ten Tips for Success?	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Core Conditioning Exercises	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Diabetes and Strength Training	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Exercise for Individuals with Developmental Disabilities	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Get Published!	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Growing Your Business in a Challenging Economy	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Metabolism: Facts, Myths, Mysteries and Fallacies	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Mom and Baby Exercise	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	One Size Doesn't Fit All	1-800-465-7301	1	www.humankinetics.com/bcrpa

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DSW Fitness	Strength Training For Postmenopausal Woman	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Strength Training for Youth	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	The Role of Strength Training in Weight Loss	1-800-465-7301	1	www.humankinetics.com/bcrpa
DSW Fitness	Weight Training Program Design Made Simple	1-800-465-7301	1	www.humankinetics.com
DSW Fitness	Exercise Rx for Psychological Health	1-800-465-7301	2	www.humankinetics.com/bcrpa
DSW Fitness	Fat Metabolism and Gender Differences	1-800-465-7301	2	www.humankinetics.com/bcrpa
DSW Fitness	Power Training Older Adults	1-800-465-7301	2	www.humankinetics.com/bcrpa
DSW Fitness	The Physiology of Obesity	1-800-465-7301	2	www.humankinetics.com/bcrpa
DSW Fitness	Tools to Grow and Retain Your Client Base	1-800-465-7301	2	www.humankinetics.com/bcrpa
DSW Fitness	Training and Nutrition for Optimal Muscle Development	1-800-465-7301	2	www.humankinetics.com/bcrpa
DSW Fitness	Weight Management for Women	1-800-465-7301	2	www.humankinetics.com/bcrpa
DSW Fitness	Body Building Anatomy	1-800-465-7301	3	www.humankinetics.com/bcrpa
DSW Fitness	Brain-Based Personal Training	1-800-465-7301	3	www.humankinetics.com/bcrpa
DSW Fitness	Core Conditioning	1-800-465-7301	3	www.humankinetics.com/bcrpa
DSW Fitness	Create Your Online Presence	1-800-465-7301	3	www.humankinetics.com/bcrpa
DSW Fitness	Explosive Power	1-800-465-7301	3	www.humankinetics.com/bcrpa
DSW Fitness	Extreme Interval Training	1-800-465-7301	3	www.humankinetics.com/bcrpa
DSW Fitness	Joint Integrity	1-800-465-7301	3	www.humankinetics.com/bcrpa
DSW Fitness	Off the Wall	1-800-465-7301	3	www.humankinetics.com/bcrpa

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DSW Fitness	Off The Wall-The Ultimate Training Guide for Climbing	1-800-465-7301	3	www.humankinetics.com/bcrpa
DSW Fitness	Speed, Agility and Quickness	1-800-465-7301	3	www.humankinetics.com/bcrpa
DSW Fitness	Cycling Anatomy	1-800-465-7301	3.5	www.humankinetics.com/bcrpa
DSW Fitness	Running Anatomy	1-800-465-7301	3.5	www.humankinetics.com/bcrpa
DSW Fitness	Becoming a Coach: Maps and Realities - Live Webinar	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Bodybuilding Anatomy	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Bodyweight Strength Training Anatomy	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Boot Camp Complete	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Cardio Coach: Equipment-Based Group Fitness	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Cognitive Rehab and Memory Enhancement	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Developing Training Plans for Cyclists and Triathletes	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Dynamic Warm-up	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Foam Roller Fitness	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Functional Training: Myofascial Slings	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Hill Training for Indoor Cycling	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Knee Stabilization	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Plyometric Anatomy	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Running Anatomy 2E	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Shoulder Girdle Stabilization	1-800-465-7301	4	www.humankinetics.com/bcrpa

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DSW Fitness	Stretching Anatomy	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	The Overweight Client	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Training and Coaching the Competitive Cyclist	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Triathlon Anatomy	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	W.I.S.E Weight and Wellness webinar series	1-800-465-7301	4	www.humankinetics.com/bcrpa
DSW Fitness	Basic Training for Running	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Effective Exercises for Scoliosis	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Essentials of Obstacle Race Training	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Evidence-Based Approach to Ankle Sprains	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Diabetes	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Fibromyalgia, 2nd ed.	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Heart Disease	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Respiratory Disease	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Flexibility for Performance	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Fueling Young Athletes	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Fusion Workouts	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Indoor Cycling Basics	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Plyometrics Training	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	POLES for Balance, Mobility and Walking	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Postural Assessment	1-800-465-7301	5	www.humankinetics.com/bcrpa

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DSW Fitness	Postural Correction	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Pregnancy Fitness	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Running Injuries: Strategies for Prevention and Intervention	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Speed Training for Young Athletes	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Water Exercise	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	Yoga for Athletes	1-800-465-7301	5	www.humankinetics.com/bcrpa
DSW Fitness	A Journey into Yin Yoga	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Basic Training for Cycling	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Breast Cancer Recovery Exercise Program	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Effective Rotator Cuff Exercises	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Enhancing Children's Cognition with Physical Activity Games	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Essential Aqua Pilates	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Arthritis	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Exercise and Parkinson's Disease	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Exercise for Breast Cancer Survivors	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Functional Foods part 1	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	High Intensity Training For Women	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Marathon Training	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Practical Guide to Exercise Physiology	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Prenatal and Postpartum Exercise Design	1-800-465-7301	6	www.humankinetics.com/bcrpa

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DSW Fitness	Stretch to Win	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Stretch to Win	1-800-465-7301	6	www.humankinetics.com/bcrpa
DSW Fitness	Be a Successful In-Home/Mobile Trainer	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Complete Guide to TRX	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Complete Guide to TRX® Suspension Training	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Developing Speed	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Eat.Lift.Thrive.	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Non-diet Weight Management	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Pilates Mat Tech: Level 1	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Power Yoga	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Strength Training Older Adults	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Technology, Food, Nutrition	1-800-465-7301	7	www.humankinetics.com/bcrpa
DSW Fitness	Sport Therapy for the Shoulder	1-800-465-7301	7.5	www.humankinetics.com/bcrpa
DSW Fitness	Complete Guide to Foam Rolling	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Conditioning Young Athletes	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Developing Endurance	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Exercise for Knee and Hip Replacement	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Functional Training	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition Quackery	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Nutritional Health for Men	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Pilates Anatomy	1-800-465-7301	8	www.humankinetics.com/bcrpa

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DSW Fitness	Program Design: Choosing Reps, Sets, Loads, Tempo and Rest Periods	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Strength Ball Training	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Strength Training Past 50	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	The Athlete's Guide to Sports Supplements	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	The BEST Exercise Program for Osteoporosis Prevention	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Treating Eating Disorders	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Vegetarian Nutrition	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	Your Workout Perfected	1-800-465-7301	8	www.humankinetics.com/bcrpa
DSW Fitness	The New Power Eating	1-800-465-7301	8.5	www.humankinetics.com/bcrpa
DSW Fitness	Applying Music in Sport and Exercise	1-800-465-7301	9	www.humankinetics.com/bcrpa
DSW Fitness	Childhood and Adolescent Nutrition	1-800-465-7301	9	www.humankinetics.com/bcrpa
DSW Fitness	Language-Enriched Exercise for Clients with Alzheimer's Disease	1-800-465-7301	9	www.humankinetics.com/bcrpa
DSW Fitness	The Business of Personal Training	1-800-465-7301	9	www.humankinetics.com/bcrpa
DSW Fitness	Total Strength on the Ball	1-800-465-7301	9	www.humankinetics.com/bcrpa
DSW Fitness	Alternative and Integrative Nutrition	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Business of Personal Training	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Cardiovascular Nutrition and Fitness	1-800-465-7301	10	www.humankinetics.com/bcrpa

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DSW Fitness	Developing the Core	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Diet, Exercise and Fitness	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Essentials of Fitness & Health	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Essentials of Fitness & Health Online CE Course - 2nd Edition	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Maternal and Infant Nutrition	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Maximum Interval Training	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Women part 1	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Women part 2	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Women Part 2: Diet & Diseases of Lifestyle	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Young Athletes	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Practical Nutrition	1-800-465-7301	10	www.humankinetics.com
DSW Fitness	Reshaping Your Body, Rethinking Your Mind	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Tai Chi for Arthritis	1-800-465-7301	10	www.humankinetics.com/bcrpa
DSW Fitness	Heart Rate Training	1-800-465-7301	10.25	www.humankinetics.com/bcrpa
DSW Fitness	Nutrition for Rehab and Healing	1-800-465-7301	11	www.humankinetics.com/bcrpa
DSW Fitness	Monitoring Training and Performance in Athletes	1-800-465-7301	12	www.humankinetics.com/bcrpa

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DSW Fitness	Pilates for Rehabilitation	1-800-465-7301	13	www.humankinetics.com/bcrpa
DSW Fitness	Lifestyle Wellness Coaching 3E	1-800-465-7301	14	www.humankinetics.com/bcrpa
DSW Fitness	NSCA's Guide to Sport and Exercise Nutrition	1-800-465-7301	14	www.humankinetics.com/bcrpa
DSW Fitness	Scientific Back Training	1-800-465-7301	14	www.humankinetics.com/bcrpa
DSW Fitness	Complete Conditioning for Tennis	1-800-465-7301	15	www.humankinetics.com/bcrpa
DSW Fitness	Effective Strength Training	1-800-465-7301	15	www.humankinetics.com/bcrpa
DSW Fitness	Exercise for Frail Elders	1-800-465-7301	15	www.humankinetics.com/bcrpa
DSW Fitness	Functional Training: Breaking the Bonds of Traditionalism	1-800-465-7301	15	www.humankinetics.com/bcrpa
DSW Fitness	Golden Wave Functional Water Exercise for Older Adults	1-800-465-7301	16	www.humankinetics.com/bcrpa
DSW Fitness	Golf Conditioning Specialist - Level 1	1-800-465-7301	16	www.humankinetics.com/bcrpa
DSW Fitness	Scientific Shoulder Training	1-800-465-7301	16	www.humankinetics.com/bcrpa
DSW Fitness	Vegetarian Sports Nutrition	1-800-465-7301	16	www.humankinetics.com/bcrpa
DSW Fitness	Encyclopedia of Muscle and Strength	1-800-465-7301	17.5	www.humankinetics.com/bcrpa
DSW Fitness	Balance Training	1-800-465-7301	18	www.humankinetics.com/bcrpa
DSW Fitness	Conditioning to the Core	1-800-465-7301	18	www.humankinetics.com/bcrpa
DSW Fitness	FitStrike Kickboxing/MMA Fitness Instructor Foundations	1-800-465-7301	18	www.humankinetics.com/bcrpa

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DSW Fitness	Essentials of Eccentric Training	1-800-465-7301	19	www.humankinetics.com/bcrpa
DSW Fitness	Aquatic Exercise for Rehabilitation and Training	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Dumbbell Training	1-800-465-7301	20	www.humankinetics.com
DSW Fitness	Enlighten Your Body	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Fitness Assessment and Exercise Prescription for All Ages™	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Holistic Fitness Specialty Certificate	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	JrFit™ Youth Fitness Specialty Certificate	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Low Back Disorders	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Low Back Injury Prevention and Rehab	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Martial Fitness Kickboxing	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Methods of Group Instructions	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Personal Training from A to Z	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Physical Activity Instruction of Older Adults	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Positive Psychology	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Pro-active Postural Restructuring	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	Total Control	1-800-465-7301	20	www.humankinetics.com/bcrpa
DSW Fitness	The Essence of Body Weight Training	1-800-465-7301	21	www.humankinetics.com/bcrpa
DSW Fitness	Winning Sports Nutrition	1-800-465-7301	22	www.humankinetics.com/bcrpa

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DSW Fitness	Lifestyle Wellness Coaching	1-800-465-7301	23	www.humankinetics.com/bcrpa
DSW Fitness	The Essence of Dumbbell Training	1-800-465-7301	24	www.humankinetics.com/bcrpa
DSW Fitness	Kinetic Anatomy	1-800-465-7301	25	www.humankinetics.com/bcrpa
DSW Fitness	Triathlon Science	1-800-465-7301	25	www.humankinetics.com
DSW Fitness	High Performance Training for Sports	1-800-465-7301	25.5	www.humankinetics.com/bcrpa
DSW Fitness	Teaching Power Yoga for Sports	1-800-465-7301	7	www.humankinetics.com/bcrpa
Emmie Li	Pilates Essence - The Pelvis	604-862-0999	3	http://bit.ly/2imkHVA
Emmie Li	Top Teaching Techniques	604-862-0999	4	http://wp.me/P3SZ7C-aj
Everyday Athletes Inc.	As a Matter of Back: Text Neck	604-786-3089	2	www.everydayathletes.ca
Everyday Athletes Inc.	SWOT the Business of Bootcamp	604-786-3089	2	www.everydayathletes.ca
Exercises for Injuries	Fix My Back Pain	604-532-5248	3.5	www.ExercisesForInjuries.com
Family Passages / Sue Dumais	Healing the Postpartum Body - Webinar	604-312-8203	1.5	www.familypassages.ca
Family Passages / Sue Dumais	Understanding Pelvic Floor Health - Webinar	604-312-8203	1.5	www.familypassages.ca
Family Passages / Sue Dumais	A Strong Core for Life	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Core Training for Pregnancy	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Exercise Your Right to be Financially Fit	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Pregnancy, Posture & Exercise	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Training for Delivery	604-312-8203	2	www.familypassages.ca

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Family Passages / Sue Dumais	Weight Loss after Pregnancy	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Wired & Tired - Implementing a Stress Management Program for Your Clients	604-312-8203	2	www.familypassages.ca
Family Passages / Sue Dumais	Fitness Fertility Specialist Certification	604-312-8203	4	www.familypassages.ca
Family Passages / Sue Dumais	Pre & Post Natal Fitness Certification Part 2	604-312-8203	6	www.familypassages.ca
Family Passages / Sue Dumais	Pre & Post Natal Fitness Certification - Part 1 Theory	604-312-8203	8	www.familypassages.ca
Family Passages/Sue Dumais	Get Out of Your Own Way & Achieve Success	604-312-8203	12	www.familypassages.ca
Fit 4 Two	Pre and Postnatal Fitness Specialist Course	604-719-7981	16	www.fit4two.ca
Fit 4 Two	Canadian Prenatal Fitness Guideline	604-719-7981	2	www.fit4two.ca
Fit 4 Two	Diastasis Recti Update	604-719-7981	2	www.fit4two.ca
Fit 4 Two	Cueing Pelvic Floor Successfully	604-719-7981	2	www.fit4two.ca
Fit 4 Two	Pregnancy and Infant Loss- Being a Conscious Leader	604-719-7981	6	www.fit4two.ca
Fit 4 Two	It's Never Too Early to be an Active Role Model- Why an Active Pregnancy	604-719-7981	2	www.fit4two.ca
Fit 4 Two	Prenatal Anatomy and Physiology	604-719-7981	2	www.fit4two.ca
Fit 4 Two	Postnatal Anatomy and	604-719-7981	2	www.fit4two.ca

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Fit 4 Two	Prenatal Fitness Guidelines	604-719-7981	2	www.fit4two.ca
Fit 4 Two	Postnatal Fitness guidelines	604-719-7981	2	www.fit4two.ca
Fit 4 Two	Prenatal Class and Program Planning	604-719-7981	8	www.fit4two.ca
Fit 4 Two	Postnatal Class and Program Planning	604-719-7981	16	www.fit4two.ca
Fit4Two	Pregnancy & Infant Loss. Being a Conscious Leader.	604-719-7981	6	http://fit4two.ca/training/PPFS-workshop-online-register
Fit4Two	Diastasis Recti Update	604-719-7981	2	http://fit4two.ca
Fit4Two	Cue Pelvic Floor Successfully	604-719-7981	2	http://fit4two.ca
Fit4Two	Canadian Prenatal Fitness Guideline Update	604-719-7981	2	http://fit4two.ca
Fitness Education Online	4 Steps to a Successful Bootcamp Level 1	61412758031	11	https://www.fitnesseducationonline.com.au
Fitness Education Online	4 Steps to a Successful Bootcamp Level 2	61412758031	11	https://www.fitnesseducationonline.com.au
Fix My Back Pain	Exercises for Injuries	604-532-5248	3.5	www.ExercisesForInjuries.com
Fix My Back Pain	Exercises for Injuries	604-532-5248	3.5	www.ExercisesForInjuries.com
GMP Fitness	Eating Plans – Healthy Diet Tips	888-467-3488	3	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Sugar – What’s In Your Food	888-467-3488	3	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Vitamin D – Immune System Booster	888-467-3488	3	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses

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GMP Fitness	Weight Loss – Healthy Calorie Intake	888-467-3488	3	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Additives – Hidden Food Ingredients	888-467-3488	4	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Coconut Oil – Amazing Ways To Use	888-467-3488	4	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Healthy Teas – Ginger, Green and Matcha	888-467-3488	4	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Carpal Tunnel Exercise Specialist	888-467-3488	5	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Flexibility Training Specialist	888-467-3488	5	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Golf Wellness Specialist	888-467-3488	5	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	ABC Fitness Training Specialist	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Avocados – Naturally Good Fat	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Avocados – Weight Loss Benefits	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses

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GMP Fitness	Core Training Specialist	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Golf Injury Prevention Specialist	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Healthy Herbs – Powerful Benefits	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Healthy Teas – Powerful Benefits	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Lower Body Ball Specialist	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Nutrients – Powerful Health Benefits	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Posture Analysis Specialist	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Soccer Fitness Foundation Specialist	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
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GMP Fitness	Soccer Testing and Training Theory Specialist	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Spinal Health Connection Specialist	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Youth Soccer Injury Prevention and Wellness Specialist	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Youth Soccer Safety Training	888-467-3488	6	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Avocados – All You Need To Know	888-467-3488	7	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Diet 101 – Mediterranean and Carbs	888-467-3488	8	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Running Injury Prevention Specialist	888-467-3488	8	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Tart Cherries – Antioxidant Super Fruit	888-467-3488	8	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Thrive Biz – Team Inspiration	888-467-3488	8	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses

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GMP Fitness	Cycling Injury Prevention Specialist	888-467-3488	9	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Inflammation – Protect Your Body	888-467-3488	9	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Turmeric – Super Healing Spice	888-467-3488	9	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Back Injury Prevention Specialist	888-467-3488	11	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Knee Injury Prevention Specialist	888-467-3488	11	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Soccer Assessment and Training Systems Specialist	888-467-3488	12	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Soccer Tactical Movement Specialist	888-467-3488	12	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
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GMP Fitness	Youth Soccer Tactical Movement Specialist	888-467-3488	12	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Exercise Development Specialist	888-467-3488	15	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Golf Conditioning Specialist	888-467-3488	17	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Longevity Wellness Specialist	888-467-3488	17	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Soccer Fitness Specialist	888-467-3488	18	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Soccer Injury Prevention and Wellness Specialist	888-467-3488	18	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Youth Soccer Player Development Specialist	888-467-3488	18	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Soccer Fitness Specialist (Advanced)	888-467-3488	22	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Youth Soccer Fitness Specialist	888-467-3488	22	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses

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GMP Fitness	Athletic Plyometric and Power Specialist	888-467-3488	25	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Athletic Speed and Agility Specialist	888-467-3488	25	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Balance and Fall Prevention Specialist	888-467-3488	25	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Balance Assessment and Injury Prevention Specialist	888-467-3488	25	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Balance Therapy and Functional Training Specialist	888-467-3488	25	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Core Fit Corrective Exercise Specialist	888-467-3488	25	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
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GMP Fitness	Core Fit Strength and Mobility Specialist	888-467-3488	25	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
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GMP Fitness	Posture Corrective Exercise Specialist	888-467-3488	25	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Posture Exercise Specialist	888-467-3488	25	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Blueprint Health and Wellness Success Specialist	888-467-3488	30	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Enzyme Nutrition and Wellness Specialist	888-467-3488	30	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Fibromyalgia Health and Exercise Specialist	888-467-3488	30	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Fibromyalgia Lifestyle and Wellness Specialist	888-467-3488	30	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Homeopathy and Sports Wellness Specialist	888-467-3488	30	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses

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GMP Fitness	Muscular Performance Self-Therapy Specialist	888-467-3488	30	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Triathlon Conditioning and Mental Training Specialist	888-467-3488	30	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
GMP Fitness	Triathlon Injury Prevention and Race Tactics Specialist	888-467-3488	30	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
Go Train Industry Pty Ltd.	Menofitness	61 3 544 33390	5.5	www.menofitness.net
Harmony Fit	Group Training Success	604-836-4686	3	http://www.harmonyfit.ca
Harmony Fit	Simple Pool Workouts	604-836-4786	3	http://www.harmonyfit.ca
Harmony Fit	Studio Cycle Series	604-836-4686	3	http://www.harmonyfit.ca
Harmony Fit	Anatomy of Cycling	604-836-4686	5	http://www.harmonyfit.ca
Harmony Fit	Anatomy of Cycling	604-836-4686	5	http://www.harmonyfit.ca
Harmony Fit	Youth Fit	604-836-4686	5	http://www.harmonyfit.ca
Harmony Fit	Agility and Quickness	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Agility and Quickness	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Conflict Management	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Developing Self Esteem	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Essential Core	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Functional Exercise	604 836 4686	8	http://www.harmonyfit.ca
Harmony Fit	Nutrition You Can Use- Based on the Canada Food Guide	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Time Management	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Yoga Anatomy	604-836-4686	8	http://www.harmonyfit.ca
Harmony Fit	Essential Nutrition	604 836 4686	16	http://www.harmonyfit.ca
Harmony Fit	Kinetic Anatomy	604-836-4686	16	http://www.harmonyfit.ca
Harmony Fit	Essential Group Fitness	604-836-4686	16	http://www.harmonyfit.ca
Harmony Fit	Nutrition Composition	604 836 4686	20	http://www.harmonyfit.ca
Harmony Fit	Essential Group Fitness	604-836-4686	16	www.harmonyfit.ca

BCRPA Pre-approved Distance Education Workshops

Human Kinetics	Strength Training for Football	800-456-7301	8	https://us.humankinetics.com/collections/continuing-education/products/strength-training-for-football-print-ce-course?variant=31654695075914
Human Kinetics	Muscular Fitness Assessment and Prescription	800-456-7301	2	www.Canada.HumanKinetics.com
Human Kinetics	Flexibility Assessment and Prescription	800-456-7301	2	www.Canada.HumanKinetics.com
Human Kinetics	Cardiorespiratory Fitness Assessment and Prescription	800-456-7301	2	www.Canada.HumanKinetics.com
Human Kinetics	The Athlete's Guide to Diabetes	800-456-7301	9.5	www.Canada.HumanKinetics.com
Human Kinetics	Assessments for Sport and Athletic	800-456-7301	12	www.Canada.HumanKinetics.com
Human Kinetics	Essentials of Youth Fitness	800-456-7301	15	www.Canada.HumanKinetics.com
Human Kinetics	Smarter Workouts: The Science of Exercise Made Simple	800-456-7301	8	www.Canada.HumanKinetics.com
Human Kinetics	Prescriptive Stretching	800-456-7301	5	https://us.humankinetics.com/collections/continuing-education/products/prescriptive-stretching-with-ce-exam-2nd-edition
Human Kinetics	The Warm Up: Maximize Performance and Improve Long-Term Athletic Development	800-456-7301	6	www.Canada.HumanKinetics.com
Human Kinetics	Developing Agility and Quickness	800-456-7301	8.5	www.Canada.HumanKinetics.com
Human Kinetics	The Happy Runner	800-456-7301	6	www.Canada.HumanKinetics.com

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Human Kinetics	Your Strong, Sexy Pregnancy	800-456-7301	7.25	www.Canada.HumanKinetics.com
Human Kinetics	Stretching Anatomy	800-456-7301	7.25	www.Canada.HumanKinetics.com
Human Kinetics	Pilates for Conditioning and Athletes	800-456-7301	6	www.Canada.HumanKinetics.com
Human Kinetics	Sports Massage for Injury Care	800-456-7301	6	www.Canada.HumanKinetics.com
Human Kinetics	Bodybuilding	800-456-7301	7	www.Canada.HumanKinetics.com
Human Kinetics	Methods of Group Exercise Instruction CE Course, 4th ed	800-456-7301	21.25	https://us.humankinetics.com/collections/continuing-education/products/methods-of-group-exercise-instruction-print-ce-course-4th-edition?variant=29051553644605
Human Kinetics	The Walking Solution	800-456-7301	8.25	https://us.humankinetics.com/collections/continuing-education/products/walking-solution-with-ce-exam-the?variant=28601719062589
Human Kinetics	Timing Resistance Training	800-456-7301	8	https://us.humankinetics.com/collections/continuing-education/products/timing-resistance-training-with-ce-exam?variant=28579248603197
Human Kinetics	Advanced Marathonng	800-456-7301	7.5	www.Canada.HumanKinetics.com
Human Kinetics	Motivational Yoga	800-456-7301	13	www.Canada.HumanKinetics.com
Human Kinetics	Nancy Clark's Sport Nutrition Guidebook 6E	800-456-7301	10	www.Canada.HumanKinetics.com
Human Kinetics	Pilates Anatomy, Second Edition	800-456-7301	9.25	www.Canada.HumanKinetics.com
Human Kinetics	Dumbbell Training	800-456-7301	9	www.Canada.HumanKinetics.com
Human Kinetics	Sports Injuries Guidebook, Second Edition	800-456-7301	14.25	www.Canada.HumanKinetics.com
Human Kinetics	Strength Band Training	800-456-7301	5.25	www.Canada.HumanKinetics.com

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Human Kinetics	Plant-Based Sports Nutrition	800-456-7301	8	www.Canada.HumanKinetics.com
INFOFIT Educators	Advanced Training Specialist (ATS) Certification	604-683-0785	15	www.infofit.ca
INFOFIT Educators	Understanding Common Movement Dysfunctions Home Study Course (Post Injury Rehab)	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Foundation of Periodization Training & Program Design Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Understanding Integrative Training Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Human Movement Assessment and Analysis Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Understanding Human Movement Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Sports Supplements 101	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Enhanced Productivity	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Olympic Weight Lifting 101	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Postural Assessment	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Pre- and Post- Workout	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Preventing Cancer Through Nutrition	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Pros & Cons of HIIT	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Raw Cacao	604-683-0785	1	www.infofit.ca

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INFOFIT Educators	Raw Food Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Rest and Recovery	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Social Media Kickstart	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Solve Your Spring Allergies	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Strength Training for Vegans/Vegetarians	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Stress, Adrenal & Thyroid	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Stubborn Fat and The HcG Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Stubborn Fat Loss	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Supplements for Optimal Athletic Performance	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Tabata - Training Smart of Maximal Results	604-683-0785	1	www.infofit.ca
INFOFIT Educators	The APO E Gene Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	The Science of Living Well	604-683-0785	2	www.infofit.ca
INFOFIT Educators	Top Ten Energy Boosters	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Training a Client with a Concussion	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Treating Sports Injuries with Prolotherapy	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Training the Aging Population	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Understanding Dietary Supplements	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Why Do We Get Fatter As We Age?	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Your First Bodybuilding Competition: What You Should Know	604-683-0785	1	www.infofit.ca

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INFOFIT Educators	Understanding Human Movement Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Foundation of Periodization Training & Program Design Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Human Movement Assessment & Analysis	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Understanding Common Movement Dysfunctions Home Study Course (Post Injury Rehab)	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Understanding Human Movement	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Understanding Integrative Training Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Supervisors Workshop	604-683-0785	10	www.infofit.ca
INFOFIT Educators	The Science of Exercise	604-683-0785	11	www.infofit.ca
INFOFIT Educators	Advanced Training Specialist (ATS) Certification	604-683-0785	15	https://www.infofit.ca/course/advanced-training-specialist/
INFOFIT Educators	SrFit- The Trainer's Resource for Senior Fitness	604-683-0785	20	www.infofit.ca
INFOFIT Educators	System 5 Financial Freedom For Personal Trainers	604-683-0785	20	www.infofit.ca
INFOFIT Educators	The Principles of Sports Nutrition	604-683-0785	24	www.infofit.ca

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INFOFIT Educators	The Certified Sports Nutrition Advisor On-Line education Program	604-683-0785	200	www.infofit.ca
INFOFIT Educators	Advanced Training Specialist (ATS) Certification	604-683-0785	15	https://www.infofit.ca/course/advanced-training-specialist/
INFOFIT Educators	Understanding Common Movement Dysfunctions Home Study Course (Post Injury Rehab)	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Foundation of Periodization Training & Program Design Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Understanding Integrative Training Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Human Movement Assessment and Analysis Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Understanding Human Movement Home Study Course	604-683-0785	3	www.infofit.ca
INFOFIT Educators	Senior Fitness: Training the Aging Population	604-683-0785	1	https://www.infofit.ca/course/senior-fitness/
INFOFIT Educators	Learn How to Become A Competitive Athlete in Figure, Fitness, Bikini or Men's Physique Webinar	604-683-0785	1	www.infofit.ca
inhometrainer Ltd	The IN Home Trainer's Instructor Workshop	905-872-4637	4	www.inhometrainer.ca/personal-trainer-courses.html

BCRPA Pre-approved Distance Education Workshops

Inshape Training	Fitness Theory Prep Workshop	604-879-5500	4	www.inshapetraining.net
Jaimee Stokes	Abs 101	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Yoga-Inspired Stretching	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Do's & Don'ts with Dumbbells	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Exercise & Strokes	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Top 10 Tips to Becoming a Successful Trainer	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Cardio Inspiration!	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Bands/Balls/Balance	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	How to HIIT Your Fitness Goals	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Triple P: Perfecting Proper Posture	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Got Butt?	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Functional Fitness: Exercise for Healthy Living	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Standing Above the Competition: Writing Your Resume	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Personal Training Case Study	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Avoiding Instructor Burnout	604-377-2660	1	www.jaimeestokes.com
Jaimee Stokes	Leading Successful Walking Groups	604-377-2660	1	www.jaimeestokes.com
Jaimee Stokes	Where Do Your Passions Lie?	604-377-2660	1	www.jaimeestokes.com
Jaimee Stokes	16 CEC Bundle Package!	604-377-2660	16	www.jaimeestokes.com

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Jaine Priest	Cancer and Exercise Online Training	604-257-3056	5	N/A
Kim Bond	The Science of Fitness Assessing Article - Correspondence	604-582-7377	1	www.everydayathletes.ca
Kim Bond	Posture Perfect Article - Correspondence	604-582-7377	2	www.everydayathletes.ca
Kinesiologists.ca	The Next Level- Sugar & Sweetener Nutrition	604-736-9858	4	www.kinesiologists.ca
Kinesiologists.ca	The Next Level - Personal Training 2.0- Anthropometric Measurement Techniques Workshop	604-736-9858	8	www.kinesiologists.ca
Melanie Galloway	Fragile Frames	604.732.9295	3	www.growingstrong.ca
Melanie Galloway	Power Training for Older Adults	604 732-9295	2	www.growingstrong.ca
Melanie Galloway	Movement Challenges in Older Adult	604 732-9295	4	www.growingstrong.ca
On the Edge Fitness Educators	Flexibility Assessment	604-985-7410	3	www.edgefit.ca
On the Edge Fitness Educators	Getting the CORE of the Matter	604-985-7410	3	www.edgefit.ca
On the Edge Fitness Educators	How to sell without "selling"	604-985-7410	3	www.edgefit.ca
On the Edge Fitness Educators	Posture Assessment	604-985-7410	3	www.edgefit.ca
On the Edge Fitness Educators	The "WOW" factor For Service Excellence	604-985-7410	3	www.edgefit.ca
On the Edge Fitness Educators	Supervisory Skills for Aspiring Leaders	604-985-7410	8	www.edgefit.ca

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On the Edge Fitness Educators	Training and Conditioning Program Design	604-985-7410	8	www.edgefit.ca
On the Edge Fitness Educators	Fundamentals of Anatomy Part 1	604-985-7410	10	www.edgefit.ca
On the Edge Fitness Educators	Fundamentals of Anatomy Part 2	604-985-7410	10	www.edgefit.ca
On the Edge Fitness Educators	Special Populations	604-985-7410	10	www.edgefit.ca
On the Edge Fitness Educators	Special Populations	604-985-7410	10	www.edgefit.ca
Personal Training on the Net	Client Assessment, Biomechanics, & Metabolism	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	Client Relations & Business Management	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	Flexibility	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	Lower Extremity Injury Prevention	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	Practical Applications of Explosive Lifting & Advanced Strength Training	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	Program Design: Recovery	720-489-0294	2	www.ptonthenet.com
Personal Training on the Net	The Muscular System	720-489-0294	2	www.ptonthenet.com
Physical Expressions	Stretching 101	604.785.8776	2	www.phys-x.ca
Physical Expressions	Intro to Aquatic Fitness Training	604.785.8776	2	www.phys-x.ca
Physical Expressions	Anatomy Review	604-785-8776	5	www.phys-x.ca

BCRPA Pre-approved Distance Education Workshops

PL3Y Inc.	DANCEPL3Y Kids Instructor Training (Online)	604-704-1031	16	www.pl3yinc.com
Rick Kaselj	The Ultimate Training Guide for Cancer Survivors	604-532-5248	2	www.ExerciseForInjuries.com
Rick Kaselj	Fix My Shoulder Pain	604-532-5248	3	www.ExerciseForInjuries.com
Rick Kaselj	Muscle Imbalances Revealed - Lower Body System	604-532-5248	6	www.ExerciseForInjuries.com
Rick Kaselj	Muscle Imbalances Revealed-Upper Body Edition	604-532-5248	7	www.exercisesforinjuries.com
Rick Kaselj	Lower Back Spinal Fusion & Exercise Webinar	604-532-5248	1	www.ExerciseForInjuries.com
Rick Kaselj	Muscle Imbalances Revealed – Assessment & Exercise	604-532-5248	6	www.ExerciseForInjuries.com
Rick Kaselj	Corrective Exercises for Running Injury-free	604-532-5248	1	www.ExerciseForInjuries.com
Rick Kaselj	Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries	604-532-5248	1	www.ExercisesForInjuries.com
Rick Kaselj	The Most Effective Rotator Cuff Exercise Program	604-532-5248	1	www.ExerciseForInjuries.com
Rick Kaselj	Effective Rotator Cuff Exercises	604-532-5248	5	www.ExerciseForInjuries.com
Rick Kaselj	Truth About Exercise & Osteoporosis	604-532-5248	5	www.ExerciseForInjuries.com

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Rick Kaselj	Fitness & Rehab Newsletter Distance Education Workshop - Module 1	604-532-5248	3	www.HealingThroughMovement.com
Rick Kaselj	Fitness & Rehab Newsletter Distance Education Workshop- Module 2	604-532-5248	3	www.HealingThroughMovement.com
Rick Kaselj	The Most Effective Exercises for Scoliosis	604-532-5248	6	www.HealingThroughMovement.com
Sandra Starett	Intro to Aquatic Fitness Training	604.785.8776	2	www.phys-x.ca
Success Fitness	Foam Roller Workshop	250 886 2490	2	www.successfitness.ca
Success Fitness	Goals are Essential	250 886 2490	2	www.successfitness.ca
Success Fitness	Mini Band Workshop	250 886 2490	3	www.successfitness.ca
Success Fitness	Pre and Postnatal Online Workshop	250 886 2490	3	www.successfitness.ca
Success Fitness	Training the Obese or Overweight Client	250 886 2490	3	www.successfitness.ca
Success Fitness	Bodyweight Training using the TRX and BOSU	250 886 2490	4	www.successfitness.ca
Success Fitness	Personal Trainer Business Roadmap to Success	250 886 2490	4	www.successfitness.ca
Tammy Petersen	Exercise Management of Chronic Diseases and Disabilities for All Ages	800-957-7348	20	www.aahf.info
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Eight	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Five	1-866-433-1595	20	www.coryholly.com

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The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Four	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Nine	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module One	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Seven	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Six	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Ten	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Three	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Two	1-866-433-1595	20	www.coryholly.com
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program	1-866-433-1595	200	www.coryholly.com
The Personal Training Collective	10 Tips for Training Hard Gainers	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	Balancing Work and Personal Time	778-822-6224	1	https://academy.theptcollective.com/

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The Personal Training Collective	S.M.A.R.T. Goal Setting isn't so smart after all	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	The Physiology of Inactivity	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	The "Knee"d for Comprehensive Hip Conditioning	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	The Physiology of Inactivity	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	Top 3 Mistakes Trainers Make with Plyometrics	778-822-6224	1	https://academy.theptcollective.com/
The Personal Training Collective	10 Exercise Prescription Strategies for Fitness Therapy.	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	Calories: The Good, The Bad and The Ugly	778-822-6224	1.5	http://courses.brenda-adams.com
The Personal Training Collective	Life Coaching Skills to Inspire your Clients	778-822-6224	1.5	http://courses.brenda-adams.com
The Personal Training Collective	Life Coaching Skills to Inspire your Clients	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	Movement Analysis Made Easy	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	Resistance Training Exercise Selection: Considerations for Optimal Adaptation	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	Sugar Metabolism	778-822-6224	1.5	https://academy.theptcollective.com/
The Personal Training Collective	Re-Ignite Your Passion for Teaching	778-822-6224	1.75	www.brenda-adams.com/fitness-workshops

BCRPA Pre-approved Distance Education Workshops

The Personal Training Collective	Using Life Coaching Skills to Inspire Your Clients to Success	778-822-6224	2	www.brenda-adams.com
The PT Collective	Breathing: It's not just exhaling on exertion	1-888-544-2031	1.5	https://academy.theptcollective.com
The PT Collective	The Essentials of Foam Rolling	1-888-544-2031	2	http://academy.theptcollective.com
Twist Conditioning	Level 1: Twist Sport Performance Essentials: Agility, Quickness and Reactivity	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Balance	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Core	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Strength Chest and Back	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Strength Legs and Shoulders	604-904-6556	6	http://twistconditioning.ideafit.com
Twist Conditioning	SURGE: Dynamic Fluid Resistance Training	604-904-6556	8	http://twistconditioning.ideafit.com
Twist Conditioning	Level 1: Twist Sport Performance Essentials: Sport Balance	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Balance Advanced Concepts	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Movement Advanced Concepts	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Movement Essentials	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Strength Advanced Concepts	604-904-6556	10	http://twistconditioning.ideafit.com
Twist Conditioning	Sport Strength Essentials	604-904-6556	10	http://twistconditioning.ideafit.com

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Twist Conditioning Inc	Agility, Quickness & Reactivity	1-888-214-4244	6	www.twistconditioning.com
Twist Conditioning Inc	Level 1: Twist Sport Performance Essentials: Sport Balance	1-888-214-4244	6	www.twistconditioning.com
Twist Conditioning Inc	Level 1: Twist Sport Performance Essentials: Sport Core	1-888-214-4244	6	www.twistconditioning.com
Twist Conditioning Inc	Level 1: Twist Sport Performance Essentials: Sport Strength Chest and Back	604-904-6556	6	www.twistconditioning.com
Twist Conditioning Inc	Level 1: Twist Sport Performance Essentials: Sport Strength Legs and Shoulders	604-904-6556	6	www.twistconditioning.com
Twist Conditioning Inc	Level 2: Twist Sport Performance Progressive Techniques: Sport Balance	604-904-6556	10	www.twistconditioning.com
Twist Conditioning Inc	Level 2: Twist Sport Performance Progressive Techniques: Sport Movement	604-904-6556	10	www.twistconditioning.com
Twist Conditioning Inc	Level 2: Twist Sport Performance Progressive Techniques: Sport Strength	604-904-6556	10	www.twistconditioning.com
Twist Conditioning Inc	Level 3: Twist Sport Performance Advanced Concepts: Sport Balance	604-904-6556	10	www.twistconditioning.com

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Twist Conditioning Inc	Level 3: Twist Sport Performance Advanced Concepts: Sport Movement	604-904-6556	10	www.twistconditioning.com
Twist Conditioning Inc	Level 3: Twist Sport Performance Advanced Concepts: Sport Strength	604-904-6556	10	www.twistconditioning.com
Urban Poling	Urban Poling Instructor Certification Workshop	604-990-7711	4.5	www.urbanpoling.com
WaterART Fitness	Aqua Pre Post Natal Instructor Correspondance	416-621-0821	50	www.waterart.org
WaterART Fitness	Aquatic Kids Instructor Certification Correspondance	416-621-0821	50	www.waterart.org
WaterART Fitness	Aquatic Running Instructor Training	416-621-0821	50	http://www.waterart.org/product_info.php?cPath=1_2&products_id=8206
WaterART Fitness	Managing A Healthy Weight	416-621-0821	50	www.waterart.org
WaterART Fitness	Shape Up and Water Train	416-621-0821	50	www.waterart.org
WaterART Fitness	Water Walking Instructor Training	416-621-0821	50	http://www.waterart.org/product_info.php?cPath=1_2&products_id=7932
WaterART Fitness	WaterART Common Movement Disorders Instructor Correspondance	416-621-0821	50	www.waterart.org
WaterART Fitness	WaterART Parent and Tot/Toddler Training	416-621-0821	50	http://www.waterart.org/product_info.php?cPath=1_2&products_id=6038
WaterART Fitness	Aquatic Arthritis Insturctor Correspondance	416-621-0821	75	http://www.waterart.org/product_info.php?cPath=1_2&products_id=839

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WaterART Fitness	Arthritis Instructor Training with Tutorials	416-621-0821	75	http://www.waterart.org/product_info.php?cPath=1_2&products_id=9148
WaterART Fitness	WaterArt Mind-Body Training	416-621-0821	75	http://www.waterart.org/product_info.php?cPath=1_2&products_id=842
WaterART Fitness	Instrutor Training with Tutorial	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=8113
WaterART Fitness	Instrutor Training without Tutorial	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=835
WaterART Fitness	Senior's Instructor Training	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=836
WaterART Fitness	Sports Conditioning Training	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=6005
WaterART Fitness	Weight Management Consultant Training	416-621-0821	100	http://www.waterart.org/product_info.php?cPath=1_2&products_id=1363
WaterART Fitness	Aquatic Personal Training	416-621-0821	150	http://www.waterart.org/product_info.php?cPath=1_2&products_id=837
WaterART Fitness	Aquatic Personal Training with Tutorial	416-621-0821	150	http://www.waterart.org/product_info.php?cPath=1_2&products_id=8671
WaterART Fitness	Aquatic Rehabilitation Training	416-621-0821	150	http://www.waterart.org/product_info.php?cPath=1_2&products_id=843