

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	PHONE	CECs	WEBSITE
Online	30-Mar-20	Thai Massage - Level 1: Foundation	Sharon Brown-Horton	604-773-2645	21	www.BanyanThaiMassage.com
Online	30-Mar-20	Functional Movement Assessment Workshop Series	Kim Bond	604-786-3089	13.5	www.truenorthwestacademy.ca
Online	04-Apr-20	Finding Balance: Dual Task, Cognitive, and Vestibular Exercise Workshop	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Online	05-Apr-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Online	06-Apr-20	Thai Massage - Level 2: Intermediate	Sharon Brown-Horton	604-773-2645	21	www.BanyanThaiMassage.com
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

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Abbotsford	14-Jun-20	TRX: Setting Your Standards	TNT Fitness	604-302-9671	4	www.tntfitness.ca
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/
Chilliwack	04-Apr-20	RockTape FMT Basic and Advanced	RockTape	416-477-0768	12	http://www.rocktape.ca/medical/education/fmt-basic-and-performance/
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
New Westminster	19-Apr-20	Brand Yourself! Three Steps to Creating Your Unique Fitness Brand	Douglas College	604-527-5472	4	www.douglascollege.ca
New Westminster	26-Apr-20	Market Yourself! How to Figure out Which Fitness Marketing Tactics SUCK and Which are Actually Worth Your Time	Douglas College	604-527-5472	4	www.douglascollege.ca
New Westminster	03-May-20	Sell Yourself! How to NOT be a Pushy Salesperson and Still Get Fitness Clients	Douglas College	604-527-5472	4	www.douglascollege.ca
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

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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
North Vancouver	19-Apr-20	F.I.R.E Self Defense Workshop	Jennifer Bajus	604-671-3358	1.25	fitinyourlife@gmail.com
Richmond	29-Mar-20	Indoor Cycling Instructor Certification Course	Inner Fit Studios	604-315-0612	7	www.innerfitstudios.com
Salmon Arm	05-Apr-20	Tabata GX	Fitness Marketing Group	780-496-7410	6	www.FMGonline.ca
Terrave	03-May-20	Tabata GX	Fitness Marketing Group	780-496-7410	6	www.FMGonline.ca
Tsawwassen	21-Mar-20	Combat Fitness Instructor Course	Krav Maga Force	604-782-6764	14	www.kravmagaforce.com
Tsawwassen	04-Apr-20	Combat Fitness Instructor Course	Krav Maga Force	604-782-6764	14	www.kravmagaforce.com
Tsawwassen	25-Apr-20	Combat Fitness Instructor Course	Krav Maga Force	604-782-6764	14	www.kravmagaforce.com
Tsawwassen	25-Apr-20	Modifications for Pre and Postnatal	Lela Dawson	604-318-3326	6	www.LelaDPilates.com
Vancouver	28-Mar-20	Corrective Exercises for the Lumbo-Pelvic-Hip Complex: Part I – Anatomy & Assessment	Inshape Training	604-879-5500	5	www.inshapetraining.net
Vancouver	03-Apr-20	Mat 3 Pilates Teacher Training	Meridian Pilates Studio	604-730-4094	16	https://www.meridianpilates.ca/teacher-training/
Vancouver	04-Apr-20	Corrective Exercises for the Lumbo-Pelvic-Hip Complex: Part II – Post-Rehab Conditions & Corrective Exercises	Inshape Training	604-879-5500	5	www.inshapetraining.net
Vancouver	18-Apr-20	Pilates Fitness Level Two	Lela Dawson	604.318.3326	8	www.leladpilates.com

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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	01-May-20	Reformer 3 Pilates Teacher Training	Meridian Pilates Studio	604-730-4094	16	https://www.meridianpilates.ca/teacher-training/
Vancouver	16-May-20	Body Rolling	Lela Dawson	604.318.3326	6	www.leladpilates.com
Vancouver	29-May-20	Apparatus 3 Pilates Teacher Training	Meridian Pilates Studio	604-730-4094	12	https://www.meridianpilates.ca/teacher-training/
Vancouver	30-May-20	Pilates with Props	Lela Dawson	604.318.3326	4	www.leladpilates.com
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	Pilates Fitness Tutorial	Lela Dawson	604.318.3326	5	www.leladpilates.com
Vancouver	Ongoing	ActiveAge™	Noelle Virtue	604.629.0965 ext. 227	8	https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/
Vancouver	Private Instruction	Personal Training Marketing	INFOFIT Educators	604.683.0785	8	www.infofit.ca/infofit-courses
Vancouver	07-Jun-20	Foam Rolling Workshop	Catherine D'Aoust	please register by link	7	www.catherinedaoust.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	03-Oct-20	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	www.activeinitiatives.com

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Vancouver	18-Oct-20	Foam Rolling Workshop	Catherine D'Aoust	please register by link	7	www.catherinedaoust.com
Vancouver	06-Dec-20	Training the Aging Population	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vernon	18-Apr-20	BodyLogics	Rhona Parsons	250-308-8616	2	www.rhonaparsons.com
West Vancouver	11-Apr-20	Cardio Combinations Workshop and Deep Water Core, Posture and Muscle Training Workshop	WaterART	604-401-9029	4	www.waterart.org