

## BCRPA PRE-APPROVED WORKSHOPS

### Important Notice:

Please be advised that all courses are offered and/or facilitated by independent presenters/providers. While the BCRPA Fitness Program approves that the proposed content of the course 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 courses.*** All inquiries, registrations and any other issues are to be referred directly to the course providers.

Workshop listings are organized alphabetically by Location then chronologically by Date.

Location	Date	Workshop Title	Contact	Phone	CEC's	Website
Abbotsford	June 14 2020	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	<a href="https://www.rocktape.com/medical/education/fmt-movement-specialist/">https://www.rocktape.com/medical/education/fmt-movement-specialist/</a>
Kelowna	May 30 2020	Restorative Yoga Level One	Siri Marken	250-808-8835	16	www.yogascienceschool.com
Kelowna	June 13 2020	How to Teach Posture for Yoga and Life	Siri Marken	250-808-8835	16	www.yogascienceschool.com
Online	June 2 2020	Healthy Eating and Weight Loss Coach	Joanne Mulhall	778-387-7110	9	<a href="http://www.corewellnesssolutions.com/webinars-workshops-courses.html">http://www.corewellnesssolutions.com/webinars-workshops-courses.html</a> Use code: HWLCOACH for 50% off, offer ends May 31, 2020
Online	June 24 2020	Healthy Eating and Weight Loss Coach	Joanne Mulhall	778-387-7111	9	<a href="http://www.corewellnesssolutions.com/webinars-workshops-courses.html">http://www.corewellnesssolutions.com/webinars-workshops-courses.html</a> Use code: HWLCOACH for 50% off, offer ends May 31, 2020
Online	July 21 2020	Healthy Eating and Weight Loss Coach	Joanne Mulhall	778-387-7112	9	<a href="http://www.corewellnesssolutions.com/webinars-workshops-courses.html">http://www.corewellnesssolutions.com/webinars-workshops-courses.html</a> Use code: HWLCOACH for 50% off, offer ends May 31, 2020
Online	July 7 2020	Healthy Eating and Weight Loss Coach	Joanne Mulhall	778-387-7113	9	<a href="http://www.corewellnesssolutions.com/webinars-workshops-courses.html">http://www.corewellnesssolutions.com/webinars-workshops-courses.html</a> Use code: HWLCOACH for 50% off, offer ends May 31, 2020

<b>Online</b>	June 19 2020	Level 2 Optimizing Hip and Knee Function Post Joint Replacement	Kerry Carlson	250-550-8024	7	<a href="http://www.activeinitiatives.com">www.activeinitiatives.com</a>
<b>Online</b>	May 30 2020	Pilates Mat Transitions & Flow	Lela Dawson	604-318-3328	2	<a href="http://www.LelaDPilates.com">www.LelaDPilates.com</a>
<b>Online</b>	Ongoing	Balance Yoga with the Chair	Rhona Parsons	250-308-8616	5	<a href="http://www.rhonaparsons.com">www.rhonaparsons.com</a>
<b>Online</b>	May 30 2020	The Genius of the Original Pilates Mat Sequence	Lela Dawson	604-318-3327	2	<a href="http://www.LelaDPilates.com">www.LelaDPilates.com</a>
<b>Vancouver</b>	May 27 2020	Corrective Exercises for the Lumbo-Pelvic-Hip Complex - Part 2: Post Rehab Conditions and Corrective Exercises	Veronkia Gelsc	604-879-5500	5	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Vancouver</b>	May 29 2020	Apparatus 3 Pilates Teacher Training	Meridian Pilates Studio	604-730-4094	12	<a href="https://www.meridianpilates.ca/teacher-training/">https://www.meridianpilates.ca/teacher-training/</a>
<b>Vancouver</b>	May 30 2020	Pilates with Props	Lela Dawson	604.318.3326	4	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
<b>Vancouver</b>	Ongoing	Beyond the Core - Rethinking Abdominal Training	Veronkia Gelsc	604-879-5500	3	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Vancouver</b>	Ongoing	Pilates Mat Work Tutorial Workshop	Lela Dawson	604.318.3326	5	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
<b>Vancouver</b>	Ongoing	Pilates Fitness Tutorial	Lela Dawson	604.318.3326	5	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
<b>Vancouver</b>	Ongoing	ActiveAge™	Noelle Virtue	604.629.0965 ext. 228	8	<a href="https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/">https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/</a>
<b>Vancouver</b>	Ongoing	Apprenticeship Training 1 Program	INFOFIT Educators	604.683.0785	28	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>Vancouver</b>	Ongoing	Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>Vancouver</b>	Private Instruction	Personal Training Marketing	INFOFIT Educators	604.683.0785	8	<a href="http://www.infofit.ca/infofit-courses">www.infofit.ca/infofit-courses</a>
<b>Vancouver</b>	June 7 2020	Foam Rolling Workshop	Catherine D'Aoust	please register by link	7	<a href="http://www.catherinedaoust.com">www.catherinedaoust.com</a>

<b>Vancouver</b>	June 28 2020	Exercise Rehabilitation - Shoulder, Elbow, and Wrist	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>Vancouver</b>	Sept 27 2020	Postural Assessment & Correction	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>Vancouver</b>	Oct 3 2020	Optimizing Hip and Knee Function	Active Initiatives	250-550-8024	8	<a href="http://www.activeinitiatives.com">www.activeinitiatives.com</a>
<b>Vancouver</b>	Oct 18 2020	Foam Rolling Workshop	Catherine D'Aoust	please register by link	7	<a href="http://www.catherinedaoust.com">www.catherinedaoust.com</a>
<b>Vancouver</b>	Dec 6 2020	Training the Aging Population	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>