

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
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/
Online	21-Jul-20	Healthy Eating and Weight Loss Coach	Joanne Mulhall	778-387-7112	9	http://www.corewellnesssolutions.com/webinars-workshops-courses.html
Online	29-Jul-20	Pilates Functional Refresher	Lela Dawson	604-318-3326	2	www.LelaDPilates.com
Online	22-Aug-20	CFES "Fitness Today: The New Normal" Live Streaming Conference	Sue Luck-Claxton	604-302-1818	8	https://www.canadianfitness.net/calendar/event/1731-cfes-the-future-of-fitness-virtual-live-streaming-conference.html <ul style="list-style-type: none"> • Whole Conference (8 CECs) • Active by nature: an opportunity to move forward with physical activity engagement in a global pandemic (1 CEC) • Retaining the Back-pained Client (1.5 CECs) • Putting Your Personal Trainer Business Online (1.5 CECs) • Re-Introducing the Active Aging Adult Population to Functional Fitness (1.5 CECs) • A Whole New World ... (1.5 CECs)
Online	Ongoing	Balance Yoga with the Chair	Rhona Parsons	250-308-8616	5	www.rhonaparsons.com
Online	Ongoing	Pfilates	Rhona Parsons	250-308-8617	2	www.rhonaparsons.com
Online	Ongoing	Pilates Fitness Tutorial	Lela Dawson	604.318.3326	5	www.leladpilates.com

Online	Ongoing	Pilates Mat Work Tutorial Workshop	Lela Dawson	604.318.3326	5	www.leladpilates.com
Online	15-Jul-20	The Genius of the Original Pilates Mat Sequence	Lela Dawson	604-318-3326	2	www.LelaDPilates.com
PL3Y Inc.	TBD	DANCEPL3Y Kids Instructor Training (In-Person)	Daniela Goode	604-704-1031	16	www.ply3inc.com
PL3Y Inc.	TBD	DANCEPL3Y Preschool Instructor Training (In-Person)	Daniela Goode	604-704-1031	16	www.ply3inc.com
Vancouver	Ongoing	ActiveAge™	Noelle Virtue	604.629.0965 ext. 228	8	https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/
Vancouver	Ongoing	Apprenticeship Training 1 Program	INFOFIT Educators	604.683.0785	28	www.infofit.ca
Vancouver	Ongoing	Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	www.infofit.ca
Vancouver	Ongoing	Beyond the Core - Rethinking Abdominal Training	Veronkia Gelsc	604-879-5500	3	http://inshapetraining.net/content/vancouver-fitness-certification-workshops
Vancouver	Private Instruction	Personal Training Marketing	INFOFIT Educators	604.683.0785	8	www.infofit.ca/infofit-courses
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
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