

## 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	<a href="https://www.rocktape.com/medical/education/fmt-movement-specialist/">https://www.rocktape.com/medical/education/fmt-movement-specialist/</a>
Online	20-Sep-20	BACK in Action Webinar	Inshape Training	604-879-5500	2	<a href="http://www.inshapetraining.net">www.inshapetraining.net</a>
Online	20-Sep-20	BARRE ABOVE - Webinar	Fitness Marketing Group Inc	780-496-7410	8	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
Online	03-Oct-20	Ketogenic Diet Facts Webinar	Inshape Training	604-879-5500	4	<a href="http://www.inshapetraining.net">www.inshapetraining.net</a>
Online	17-Oct-20	Finding Balance: Dual Task, Vestibular, and Cognitive Exercises	Active Initiatives	250-550-8024	8	<a href="http://www.activeinitiatives.com">www.activeinitiatives.com</a>
Online	24-Oct-20	Optimizing Hip and Knee Function Livestream Interactive for Post-Op Hip and Knee Management	Active Initiatives	250-550-8024	8	<a href="http://www.activeinitiatives.com">www.activeinitiatives.com</a>
Online	05-Nov-20	The Pilates Warm Up - Setting your class up for Success	Lela Dawson	604.318.3326	2	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Online	07-Nov-20	Level 2 Optimizing Hip and Knee Function Post Joint Replacement	Active Initiatives	250-550-8024	7	<a href="http://www.activeinitiatives.com">www.activeinitiatives.com</a>
Online	07-Nov-20	Pilates with Props	Lela Dawson	604.318.3326	4	<a href="http://www.leladpilates.com">www.leladpilates.com</a>

<b>Online</b>	12-Nov-20	Pilates Mat Transitions and Flow	Lela Dawson	604.318.3326	2	www.leladpilates.com
<b>Online</b>	15-Nov-20	Body Rolling	Lela Dawson	604.318.3326	6	www.leladpilates.com
<b>Online</b>	21-Nov-20	10 Tips for Perfect Posture	Active Initiatives	250-550-8024	6	www.activeinitiatives.com
<b>Online</b>	21-Nov-20	Pilates Fitness Level 2	Lela Dawson	604.318.3326	8	www.leladpilates.com
<b>Online</b>	Ongoing	Balance Yoga with the Chair	Rhona Parsons	250-308-8616	5	www.rhonaparsons.com
<b>Online</b>	Ongoing	Ppilates	Rhona Parsons	250-308-8617	2	www.rhonaparsons.com
<b>Online</b>	Ongoing	Pilates Fitness Tutorial	Lela Dawson	604.318.3326	5	www.leladpilates.com
<b>Online</b>	Ongoing	Pilates Mat Work Tutorial Workshop	Lela Dawson	604.318.3326	5	www.leladpilates.com
<b>PL3Y Inc.</b>	TBD	DANCEPL3Y Kids Instructor Training (In-Person)	Daniela Goode	604-704-1031	16	www.ply3inc.com
<b>PL3Y Inc.</b>	TBD	DANCEPL3Y Preschool Instructor Training (In-Person)	Daniela Goode	604-704-1031	16	www.ply3inc.com
<b>Prince George</b>	03-Oct-20	Icebreaker Wellness Workshop	Shari Ulrich	250-562-9341	3.5	www.nbc.ymca.ca
<b>Salmon Arm</b>	20-Sep-20	How to teach DANCE FIT	Pam Wenzel	(250) 833-8927	4	dancefitgirls123@gmail.com
<b>Surrey</b>	27-Sep-20	Learn to Teach Indoor Cycling	Smiling Hearts Yoga	7782317410	10	https://smilingheartsyoga.com/learn-to-teach-indoor-cycling/
<b>Surrey</b>	TBD	Barre Fitness Instructor Certification - Barre Method Level 1	Miranda Guimond	780-699-3731	6	https://mirandaguimond.wixsite.com/mindfulfitness
<b>Vancouver</b>	03-Oct-20	Thai Yoga Massage Level 1: Foundation Skills	Banyan Thai Massage	604-773-2645	21	www.BanyanThaiMassage.com
<b>Vancouver</b>	Ongoing	ActiveAge™	Noelle Virtue	604.629.0965 ext. 228	8	https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/
<b>Vancouver</b>	Ongoing	Apprenticeship Training 1 Program	INFOFIT Educators	604.683.0785	28	www.infofit.ca
<b>Vancouver</b>	Ongoing	Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	www.infofit.ca

<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>	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>	27-Sep-20	Postural Assessment & Correction	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>Vancouver</b>	06-Dec-20	Training the Aging Population	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>