

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

Online	12-Nov-20	Pilates Mat Transitions and Flow	Lela Dawson	604.318.3326	2	www.leladpilates.com
Online	15-Nov-20	Body Rolling	Lela Dawson	604.318.3326	6	www.leladpilates.com
Online	21-Nov-20	10 Tips for Perfect Posture	Active Initiatives	250-550-8024	6	www.activeinitiatives.com
Online	21-Nov-20	Pilates Fitness Level 2	Lela Dawson	604.318.3326	8	www.leladpilates.com
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 for Fraser/Vancouver Coastal	03-Nov-20	Healthy Living Leader Training 2020-21	Indigenous Sport Physical Activity and Recreation Council (ISPARC)	1-800-990-2435	7	This conference is only open for those that work with Indigenous groups: http://isparc.ca/healthy-living-activities/about-the-healthy-living-activities/
Online for Interior	06-Oct-20	Healthy Living Leader Training 2020-21	Indigenous Sport Physical Activity and Recreation Council (ISPARC)	1-800-990-2433	7	This conference is only open for those that work with Indigenous groups: http://isparc.ca/healthy-living-activities/about-the-healthy-living-activities/
Online for Northwest/Northeast	22-Sep-20	Healthy Living Leader Training 2020-21	Indigenous Sport Physical Activity and Recreation Council (ISPARC)	1-800-990-2432	7	This conference is only open for those that work with Indigenous groups: http://isparc.ca/healthy-living-activities/about-the-healthy-living-activities/
Online for Vancouver Island	21-Oct-20	Healthy Living Leader Training 2020-21	Indigenous Sport Physical Activity and Recreation Council (ISPARC)	1-800-990-2434	7	This conference is only open for those that work with Indigenous groups: http://isparc.ca/healthy-living-activities/about-the-healthy-living-activities/
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
Prince George	03-Oct-20	Icebreaker Wellness Workshop	Shari Ulrich	250-562-9341	3.5	www.nbc.ymca.ca
Salmon Arm	20-Sep-20	How to teach DANCE FIT	Pam Wenzel	(250) 833-8927	4	dancefitgirls123@gmail.com
Surrey	27-Sep-20	Learn to Teach Indoor Cycling	Smiling Hearts Yoga	7782317410	10	https://smilingheartsyoga.com/learn-to-teach-indoor-cycling/
Surrey	TBD	Barre Fitness Instructor Certification - Barre Method Level 1	Miranda Guimond	780-699-3731	6	https://mirandaguimond.wixsite.com/mindfulfitness
Vancouver	03-Oct-20	Thai Yoga Massage Level 1: Foundation Skills	Banyan Thai Massage	604-773-2645	21	www.BanyanThaiMassage.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	06-Dec-20	Training the Aging Population	INFOFIT Educators	604.683.0785	7	www.infofit.ca