

## 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	18-Oct-20	Brand New You Building Your Aqua Legacy	The Canadian Aquafitness Leaders Alliance (CALA)	416-751-9823	2	cala_aqua@mac.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	14-Nov-20	Return to Aqua Infused Yoga	The Canadian Aquafitness Leaders Alliance (CALA)	416-751-9823	8	cala_aqua@mac.com
Online	15-Nov-20	Body Rolling	Lela Dawson	604.318.3326	6	www.leladpilates.com

<b>Online</b>	18-Nov-20	Teaching with Precision in Pilates	Lela Dawson	604.318.3326	6	www.leladpilates.com
<b>Online</b>	18-Nov-20	The A.R.T of Aqua Mastery	The Canadian Aquafitness Leaders Alliance (CALA)	416-751-9823	2	cala_aqua@mac.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>	28-Nov-20	Ketogenic Diet Facts Webinar	Inshape Training	604-879-5500	4	www.inshapetraining.net
<b>Online</b>	28-Nov-20	Modifications for Pre and Postnatal	Lela Dawson	604.318.3326	6	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	Clinical Applications for Therapeutic Diets	Fiore Health	604-837-5031	6	<a href="https://fiorehealthacademy.thinkific.com/courses/Therapeutic-Diets">https://fiorehealthacademy.thinkific.com/courses/Therapeutic-Diets</a>
<b>Online</b>	Ongoing	Pilates	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>Online for Fraser/Vancouver Coastal</b>	03-Nov-20	Healthy Living Leader Training	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: <a href="http://isparc.ca/healthy-living-activities/about-the-healthy-living-activities/">http://isparc.ca/healthy-living-activities/about-the-healthy-living-activities/</a>
<b>Online for Vancouver Island</b>	21-Oct-20	Healthy Living Leader Training	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: <a href="http://isparc.ca/healthy-living-activities/about-the-healthy-living-activities/">http://isparc.ca/healthy-living-activities/about-the-healthy-living-activities/</a>
<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>Richmond</b>	22-Nov-20	Indoor Cycling Instructor Certification	Rachel Seay	604-319-0612	8	www.innerfitstudios.com

<b>Surrey</b>	TBD	Barre Fitness Instructor Certification - Barre Method Level 1	Miranda Guimond	780-699-3731	6	<a href="https://mirandaguimond.wixsite.com/mindfulfitness">https://mirandaguimond.wixsite.com/mindfulfitness</a>
<b>Tsawwassen</b>	14-Nov-20	Combatives Workshop for Fitness Instructors	Karv Maga Force	604-782-6764	14	<a href="http://www.kravmagaforce.com">www.kravmagaforce.com</a>
<b>Vancouver</b>	14-Nov-20	Low Back Management for the Personal Trainer	Inshape Training	604-879-5500	6	<a href="http://www.inshapetraining.net">www.inshapetraining.net</a>
<b>Vancouver</b>	21-Nov-20	Rehab of Hip, Knee and Ankle	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>Vancouver</b>	14-Mar-21	Exercise Rehabilitation - Shoulder, Elbow, Wrist	INFOFIT Educators	604-683-0785	7	<a href="http://infofit.ca">infofit.ca</a>
<b>Vancouver</b>	20-Jun-21	Muscle testing and Function	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>Vancouver</b>	16-Sep-21	Cardiac Rehab	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>Vancouver</b>	Ongoing	ActiveAge™	Noelle Virtue	604.629.0965 ext. 228	8	<a href="https://www.bcrpa.bc.ca/everything-else/activeage-choose-to-move/">https://www.bcrpa.bc.ca/everything-else/activeage-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>	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>	06-Dec-20	Training the Aging Population	INFOFIT Educators	604.683.0785	7	<a href="http://www.infofit.ca">www.infofit.ca</a>