

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
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
Online	18-Nov-20	Teaching with Precision in Pilates	Lela Dawson	604.318.3326	6	www.leladpilates.com
Online	18-Nov-20	The A.R.T of Aqua Mastery	The Canadian Aquafitness Leaders Alliance (CALA)	416-751-9823	2	cala_aqua@mac.com
Online	21-Nov-20	10 Tips for Perfect Posture	Active Initiatives	250-550-8024	6	www.activeinitiatives.com
Online	21-Nov-20	Mini Band Workshop	Success Fitness	250886-2490	3	www.successfitness.ca
Online	21-Nov-20	Pilates Fitness Level 2	Lela Dawson	604.318.3326	8	www.leladpilates.com
Online	28-Nov-20	Ketogenic Diet Facts Webinar	Inshape Training	604-879-5500	4	www.inshapetraining.net
Online	28-Nov-20	Modifications for Pre and Postnatal	Lela Dawson	604.318.3326	6	www.LelaDPilates.com
Online	10-Dec-20	Increase Your Revenue and Get More Personal Training Clients Quickly!	INFOFIT Educators	604683-0785	1	https://www.infofit.ca/course/get-more-personal-training/
Online	14-Jan-21	Post-Rehab & Corrective Exercises for the Shoulder & Thoracic Spine WEBINAR	Inshape Training	604-879-5500	2	www.inshapetraining.net
Online	30-Jan-21	Optimizing Hip and Knee Function Livestream	Active Initiatives	250-550-8024	8	www.activeinitiatives.com

		Interactive for Post-Op Hip and Knee Management				
Online	06-Feb-21	Finding Balance: Dual Task, Vestibular, and Cognitive Exercises	Active Initiatives	250-550-8024	8	www.activeinitiatives.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
Richmond	22-Nov-20	Indoor Cycling Instructor Certification	Rachel Seay	604-319-0612	8	www.innerfitstudios.com
Surrey	TBD	Barre Fitness Instructor Certification - Barre Method Level 1	Miranda Guimond	780-699-3731	6	https://mirandaguimond.wixsite.com/mindfulness
Tsawwassen	14-Nov-20	Combatives Workshop for Fitness Instructors	Karv Maga Force	604-782-6764	14	www.kravmagaforce.com
Vancouver	14-Nov-20	Low Back Management for the Personal Trainer	Inshape Training	604-879-5500	6	www.inshapetraining.net
Vancouver	21-Nov-20	Rehab of Hip, Knee and Ankle	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	22-Nov-20	Postural Assessment & Correction	INFOFIT Educators	604 683 0785	7	https://www.infofit.ca/course/clinical-exercise-and-rehabilitation/
Vancouver	17-Jan-21	Post-Rehab & Corrective Exercises for the Shoulder & Thoracic Spine IN-CLASS WORKSHOP	Inshape Training	604-879-5500	6	www.inshapetraining.net
Vancouver	14-Mar-21	Exercise Rehabilitation - Shoulder, Elbow, Wrist	INFOFIT Educators	604-683-0785	7	infofit.ca
Vancouver	20-Jun-21	Muscle testing and Function	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	16-Sep-21	Cardiac Rehab	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	Private Instruction	Personal Training Marketing	INFOFIT Educators	604.683.0785	8	www.infofit.ca/infofit-courses
Vancouver	06-Dec-20	Training the Aging Population	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Victoria	02-Jan-21	Indoor Cycling Certification	Success Fitness	250.886.2490	4	www.successfitness.ca