

## 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	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	6046830785	1	https://www.infofit.ca/course/get-more-personal-training/
Online	07-Jan-21	New Year Goals: Avoiding Self-Sabotage WEBINAR	Inshape Training	604-879-5500	2	www.inshapetraining.net
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 Interactive for Post-Op Hip and Knee Management	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Online	06-Feb-21	Finding Balance: Dual Task, Vestibular, and Cognitive Exercises	Active Initiatives	250-550-8024	8	www.activeinitiatives.com
Online	16-Mar-21	Avoiding Common Injuries in the Gym Before They Happen Webinar	INFOFIT Educators	6046830785	1	infofit.ca
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

<b>Surrey</b>	TBD	Barre Fitness Instructor Certification - Barre Method Level 1	Miranda Guimond	780-699-3731	6	<a href="https://mirandaguimond.wixsite.com/mindfulnessfitness">https://mirandaguimond.wixsite.com/mindfulnessfitness</a>
<b>Vancouver</b>	13-Dec-20	Low Back Management for the Personal Trainer IN-CLASS WORKSHOP	Inshape Training	604-879-5500	6	<a href="http://www.inshapetraining.net">www.inshapetraining.net</a>
<b>Vancouver</b>	17-Jan-21	Post-Rehab & Corrective Exercises for the Shoulder & Thoracic Spine IN-CLASS WORKSHOP	Inshape Training	604-879-5500	6	<a href="http://www.inshapetraining.net">www.inshapetraining.net</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>	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>
<b>Victoria</b>	02-Jan-21	Indoor Cycling Certification	Success Fitness	250.886.2490	5	<a href="http://www.successfitness.ca">www.successfitness.ca</a>
<b>Victoria</b>	09-Jan-21	Indoor Cycling Certification	Success Fitness	250.886.2490	5	<a href="http://www.successfitness.ca">www.successfitness.ca</a>
<b>Victoria</b>	06-Feb-21	Mini Band Workshop	Success Fitness	250.886.2490	3	<a href="http://www.successfitness.ca">www.successfitness.ca</a>