

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	CECs	Website
Virtual Live	02-Mar-24	Teaching Safe & Accessible Chair Yoga - Part 1	Grove Yoga School	(604) 836-0424	8	www.groveyogaschool.ca
Virtual Live	06-Apr-24	Why People Hate Exercising - The Psychology, Everyone Needs to Know	We Mean Fitness, Inc. Contact: Mike Kelly	(613) 830-1300	8	BCRPA members get 20% when entering the discount code word "earlybird" at time of registration https://wemeanfitness.com/services/certification-and-courses/
Virtual Live	06-Apr-24	Teaching Safe & Accessible Chair Yoga - Part 2	Grove Yoga School	(604) 836-0424	8	groveyogaschool.ca
Virtual Live	02-Mar-24	Mini Band Workshop	Sonja Bidese - Success Fitness	(250) 886-2490	3	www.successfitness.ca
Virtual Live	02-Mar-24	MSINGI Master Trainer Course	Ingrid Knight-Cohee	(604) 375-1208	6	Use promo code BCRPA15 for 15% off https://www.msingimovement.ca/store
Virtual & Vancouver	03-Mar-24	Yoga and Pilates Fusion	Lela D Pilates / FitFlow Yoga	(604) 318-3326	8	FitFlowYoga.com LelaDPilates.com
Virtual & Vancouver	11-May-24	Anatomy Refresher for Fitness Instructors	Lela D Pilates / FitFlow Yoga	(604) 318-3326	4	www.leladpilates.com
Virtual Live	16-Mar-24	Standing and Chair Pilates for people with mobility issues	Lela D Pilates	(604) 318-3326	8	www.leladpilates.com

Virtual & Vancouver	25-May-24	Pilates Fitness - Level Two	Lela D Pilates	(604) 318-3326	12	www.leladpilates.com
Burnaby	24-Feb-24	Yin & Restore - A Soothing Practice	Sangha Yoga Collective	416-483-7632	1.5	https://sanghayogacollective.com/
Fort Langley	27-Apr-24	Teaching Yoga with Props for Inclusivity	Grove Yoga School	(604) 882-9094	1.5	www.groveyogaschool.ca
Fort Langley	27-Apr-24	Mindful Movement Within Yoga	Grove Yoga School	(604) 882-9094	1.5	www.groveyogaschool.ca
Fort Langley	27-Apr-24	Sanskrit Simplified for the Yoga Classroom	Grove Yoga School	(604) 836-0424	1.5	www.groveyogaschool.ca
Fort Langley	27-Apr-24	How Balance & Independence Intersect When Teaching Older Adults	Grove Yoga School	(604) 836-0424	1.5	www.groveyogaschool.ca
Langley	06-Mar-24	Pelvic Floor Workshop	Home Fitness Plus	(604) 600-0747	5	https://homefitnessplus.ca/pelvic-floor-workshop
Maple Ridge	06-Apr-24	A Functional Approach To Weight Training and Rehab	Daniel Kram,RMT	604-831-1552	14	n/a
New Westminster	06-Apr-24	Douglas College Sports Institute Spring BCRPA Fitness Conference	Douglas College	604-527-5472	7.5	https://www.douglascollege.ca/programs-courses/continuing-education/sports-institute/fitness-conference/fitness-conference
Richmond	24-Feb-24	Raise the Bar	Donna Bishop	604-238-8004	2	dbishop@richmond.ca
Richmond	24-Mar-24	The Art of Creating Timer & Interval Drills	Rachel Seay	(604) 315-0612	9	https://courses.indoorcyclingideas.com/courses/timerdrillsworkshop
Vancouver	On request	BCWBS Wheel Workshop	BC Wheelchair Basketball Society	604-787-2822	3	https://www.bcwbs.ca/
Vancouver	24-Feb-24	Changing Parkinson's: The Foundations of Functional Movement	Neurofit BC	(778) 366-2427	11.5	https://www.neurofitbc.com/courses
Vancouver	05-Mar-24	Strengthening When Joints Have Problems	JCC of Greater Vancouver	604-638-7285	3	https://www.jccgv.com/fitness-and-wellness/instructor-training/
Vancouver	24-Mar-24	Neuroplasticity Gym: Introductory Instructors Course	MVMTLAB	604-282-7393	6	https://www.mvmtlab.com/shop

Victoria	20-Apr-24	Indoor Cycling Certification	Sonja Bidese - Success Fitness	successfitness@shaw.ca	5	www.successfitness.ca
Victoria	04-May-24	Cardio Kickboxing	Sonja Bidese - Success Fitness	(250) 886-2490	3	www.successfitness.ca