

BCRPA Pre-approved Workshops

About Pre-approved Workshops

Pre-approved workshops will provide you with a guaranteed number of CECs upon completion. In addition, these CECs will automatically be recognized within your personal account on The Registry® of Fitness Professionals as soon as the workshop presenter electronically enters a passing grade for you.

As a service for fitness leaders, the BCRPA generates a current listing of pre-approved workshops being offered by independent workshop providers*. This list is updated regularly on The Registry® website after you have logged in. All workshops listed on The Registry® website have been reviewed by BCRPA staff and have been pre-approved. Approval from the BCRPA means that the presenter is a current BCRPA Supervisor of Fitness Leaders (SFL) or Trainer of Fitness Leaders (TFL) and has provided a workshop outline and all workshop materials for review.

Workshop listings are organized alphabetically by Location then chronologically by Date.

LOCATION	Date	WORKSHOP TITLE	CONTACT	TELEPHONE #	CREDIT VALUE	WEBSITE
Campbell River	10-Dec-17	Hip Action & EXTRA Aquatic Resistance	Debra Wilson	1.250.287.9234 ext.236	4	n/a
Edmonton	5-Dec-17	ITU Science & Triathlon Conference	science@triathlon.org	587.759.0415	13	www.science.triathlon.org
North Vancouver	2-Feb-18	Core Specialist Designation	Sandra Starrett	604.785.8776	17	www.phys-x.ca
Richmond	28-Dec-18	Combatives Workshop for Fitness Instructors	Krav Maga Force	604.782.6764	14	www.kravmagaforce.com
Richmond	6-Jan-18	Indoor Cycling Instructor Certification Course	Rachel Seay	604.315.0612	7	www.innerfitstudios.com
Vancouver	10-Dec-17	Energy System Development & Conditioning	Inshape Training Ltd.	604.879.5500	6	www.inshapetraining.net
Vancouver	26-Jan-18	Pre & Postnatal Fitness Workshop	Fit4Two	604-719-7981	16	www.fit4two.ca
Vancouver	28-Jan-18	Suspension Training	Susana Abreu	604-338-9124	8	http://www.trans4mationhealthandwellness.com

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Vancouver	3-Feb-18	Certified Sports Performance and Fitness Nutrition Specialist	INFOFIT Educators	604.683.0785	240	www.infofit.ca
Vancouver	11-Feb-18	Postural Assessment & Correction	INFOFIT Educators	604.683.0785	7	http://www.infofit.ca/infofit-courses/clinical-exercise-and-rehabilitation-series/
Vancouver	23-Feb-18	Strength Train Your Core and Back	Catherine D'Aoust	Email cmdaoust@gmail.com	14	catherinedaoustfitness.com
Vancouver	25-Feb-18	Foam Rolling Workshop	Catherine D'Aoust	Email cmdaoust@gmail.com	7	catherinedaoustfitness.com
Vancouver	11-Mar-18	Pilates Fitness Practicum Workshop	Lela Dawson	6043183326	4	www.LelaDPilates.com
Vancouver	6-Apr-18	Pre & Postnatal Fitness Workshop	Fit4Two	604-719-7981	16	www.fit4two.ca
Vancouver	13-Apr-18	Magical Moments Yoga Retreat	Dorothea Arnett	604 836-0137	7	www.zentastic.ca
Vancouver	13-May-18	Training the Aging Population	INFOFIT Educators	604 683 0785	7	www.infofit.ca
Vancouver	1-Jun-18	Pre & Postnatal Fitness Workshop	Fit4Two	604-719-7981	16	www.fit4two.ca
Vancouver	9-Sep-18	Rehab of the Hip, Knee & Ankle	INFOFIT Educators	604.683.0785	7	http://www.infofit.ca/infofit-courses/clinical-exercise-and-rehabilitation-series/
Vancouver	25-Nov-18	Exercise Rehabilitation - Shoulder, Elbow, Wrist	INFOFIT Educators	604.683.0785	7	www.infofit.ca
Vancouver	Ongoing	Apprenticeship Training Program 1	INFOFIT Educators	604.683.0785	28	www.infofit.ca

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Vancouver	Ongoing	Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	www.infofit.ca
Vancouver	Private Instruction	Personal Training Marketing	INFOFIT Educators	604 683 0785	8	www.infofit.ca/infofit-courses
Vernon	16-Dec-17	CoreFit	Rhona Parsons	250.308.8616	2	www.bodyworksbms.com
Vernon	16-Dec-17	Shape Up with the Resistance Band	Rhona Parsons	250.308.8616	2	www.bodyworksbms.com
Victoria	8-Dec-17	Indoor Cycling Certification	Sally Larrington-Brown	250-382-8482	8	cfitness@shaw.ca
Victoria	21-Jan-18	Powerlifting 101	Body Blueprint	778.433.8884	6	www.bodyblueprint.com
Victoria	11-May-18	Advanced Personal Training Workshop	Body Blueprint	778.433.8884	16	www.bodyblueprint.com