

LIVE WORKSHOPS BY A BCRPA LEADER



DATE/LOCATION	TITLE	CONTACT	PHONE	CECs	LINK
Ladysmith - April 4, 2026	Personal Training Fitness Assessment	Sonja Bidese	(250)886.2490	3	www.successfitness.ca
Online - April 25, 2026	MSINGI Master Trainer Course	Ingrid Knight Cohee	(604)375.1208	8	info@msingimovement.com
Langley - April 25, 2026	Teaching Safe & Effective Accessible Chair Yoga	Stacey Buss	(604)836.0424	12	yogaonly.ca
Online - May 5, 2026	Mini Bands	Sonja Bidese	(250)886.2490	3	www.successfitness.ca

LIVE WORKSHOPS BY AN EXTERNAL PROVIDER



DATE/LOCATION	TITLE	CONTACT	PHONE	CECs	LINK
Vancouver - April 15, 2026	Aquatic Professional Development	Shannu Marette	(604)257.8641	7	APDM
Online - April 17, 2026	Gym Culture, Expectations & Reality	Infofit w/Tim Kelly	(604)683.0785	1	InfoFit
Vancouver - April 18, 2026	Neuro-Strength: Assessment, Activation & Performance	Chad Benson	(778)999.8586	8	www.ptacademy.ca
Maple Ridge - May 9, 2026	Original Strength Pressing Reset	Mark Shropshire	(604)831.1552	6	Original Strength
Online - May 15, 2026	Growth, Leadership & the Bigger Picture	Infofit w/Tim Kelly	(604)683.0785	1	InfoFit