

# ON-DEMAND WORKSHOPS BY A BCRPA LEADER



| TITLE                   | CONTACT           | PHONE         | CECs   | LINK                                       |
|-------------------------|-------------------|---------------|--------|--------------------------------------------|
| e-learn                 | BCRPA             | (604)629.0965 | Varies | <a href="#">BCRPA E-Learn</a>              |
| 50+ Approved Workshops  | Body Blueprint    | (778)433.8884 | Varies | <a href="#">Body Blueprint</a>             |
| 10+ Approved Workshops  | Cari Plotnikoff   | (604)809.6039 | Varies | <a href="#">InnerStrength</a>              |
| 10+ Approved Workshops  | HarmonyFit        | (604)836.4686 | Varies | <a href="#">HarmonyFit</a>                 |
| 30+ Aprproved Workshops | Infofit           | (604)683.0785 | Varies | <a href="#">Infofit Promo Code BCRPA10</a> |
| 10+ Approved Workshops  | InShape Training  | (604)879.5500 | Varies | <a href="#">InShape Training_</a>          |
| 10+ Approved Workshops  | Kinesiologists.ca | (778)574.1190 | Varies | <a href="#">kinesiologists.ca</a>          |
| 16 CEC Bundle           | Jaimee Stokes     | (604)377.2660 | 16     | <a href="#">16 CEC Bundle Package</a>      |

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|------------------------|------------------------------|---------------|--------|---------------------------------------------------------------------------------------------------|
| 5+ Approved Workshops  | Lela Dawson                  | (604)318.3326 | Varies | <a href="#">Pilates Tutorial</a>                                                                  |
| 50+ Approved Workshops | Body Blueprint               | (778)433.8884 | Varies | <a href="#">Body Blueprint</a>                                                                    |
| 10+ Approved Workshops | Melanie Galloway             | (604)732.9295 | Varies | <a href="#">Growing Strong</a>                                                                    |
| 4+ Approved Workshops  | Sandra Starrett              | (604)785.8776 | Varies | <a href="mailto:2-star@shaw.ca">2-star@shaw.ca</a>                                                |
| 5+ Approved Workshops  | Success Fitness              | (250)886.2490 | Varies | <a href="#">Success Fitness</a>                                                                   |
| 10+ Approved Workshops | Personal Training Collective | (778)822.6224 | Varies | <a href="https://brendas-academy.thinkific.com/">https://brendas-academy.thinkific.com/</a>       |
| 10+ Approved Workshops | True North West Academy      | (604)786.3089 | Varies | <a href="https://truenorthwestacademy.ca/education">https://truenorthwestacademy.ca/education</a> |
| 4+ Approved Workshops  | Active Initiatives           | (250)550.8024 | Varies | <a href="https://activeinitiatives.thinkific.com/">https://activeinitiatives.thinkific.com/</a>   |

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| 5+Approved Workshops                                 | Tina Grant        | (778)882.9642 | Varies | <a href="http://fitflowyogafitness.com">fitflowyogafitness.com</a>                                              |
| Interruptive Linear Undulations                      | Ryan Booth        | (604)803.1288 | 8      | <a href="https://ryanbooth.ca/courses/i-l-u-onlinecourse/">https://ryanbooth.ca/courses/i-l-u-onlinecourse/</a> |
| Pilates Ascend: A Journey to Mastery.                | Lorraine Stitilis | (604)916.6717 | 18     | <a href="https://strongcorepilates.ca">https://strongcorepilates.ca</a>                                         |
| Flow to Strength: Intermediate Pilates Evolution     | Lorraine Stitilis | (604)916.6717 | 12     | <a href="https://strongcorepilates.ca">https://strongcorepilates.ca</a>                                         |
| Exploring Dual Chair Yoga                            | Stacey Buss       | (604)836.0424 | 2      | <a href="http://yogaonly.ca">yogaonly.ca</a>                                                                    |
| Guiding Supported Chair Yoga                         | Stacey Buss       | (604)836.0424 | 2      | <a href="http://yogaonly.ca">yogaonly.ca</a>                                                                    |
| Core Competence: Pre &post Natal Instructor Workshop | Lorraine Stitilis | (604)916.6717 | 16     | <a href="https://strongcorepilates.ca">https://strongcorepilates.ca</a>                                         |
| How to Cue Mat Pilates Exercises Like A Pro- Master  | Lorraine Stitilis | (604)916.6717 | 4      | <a href="https://strongcorepilates.ca">https://strongcorepilates.ca</a>                                         |

# ON-DEMAND WORKSHOPS BY AN EXTERNAL PROVIDER



| TITLE                      | CONTACT                      | PHONE           | CECs   | LINK                                                     |
|----------------------------|------------------------------|-----------------|--------|----------------------------------------------------------|
| Advanced Nutrition Diploma | Alive Academy                | (604)295.9124   | 60     | <a href="#">Alive Academy</a>                            |
| 10+ Approved Workshops     | C.H.E.K Institute            | (760)477.2620   | Varies | <a href="#">C.H.E.K. Institute</a>                       |
| 15+ Approved Workshops     | Charlene Kopansky            | (416)751.9823   | Varies | <a href="mailto:cala_aqua@mac.com">cala_aqua@mac.com</a> |
| 3+ Approved Workshops      | Core Exercise Solutions      | (843)729.8842   | Varies | <a href="#">Core Exercise Solutions</a>                  |
| 3+ Approved Workshops      | Pacific Nutrition Collective | (778)928.1811   | Varies | <a href="#">PNC-Pacific Nutrition Collective</a>         |
| 15+ Approved Workshops     | Fitness Marketing Group      | (780)496.7410   | Varies | <a href="#">GMP Fitness coupon code GMPBCRPA25</a>       |
| 50+ Approved Workshops     | Human Kinetics               | 1 (800)456.7301 | Varies | <a href="#">Human Kinetics</a>                           |
| 2+ Approved Workshops      | RockTape                     | (408)912.7625   | 6      | <a href="http://www.fmtplus.com">www.fmtplus.com</a>     |