LIVE WORKSHOPS BY A BCRPA LEADER

BCRPA FITNESS

DATE/LOCATION	TITLE	CONTACT	PHONE	CECs	LINK
Nanaimo - November 21, 2026	Clinical Reformer Workshop	Return to Form	(250)618.7853	8	Return to Form
Richmond - December 5, 2026	The Calisthenics Mastery Workshop	Calibar Fitness	(778)872.9951	6	Calibar Fitness
Langley - January 10, 2027	Intro to Prenatal Fitness	Gaylene Thoeny	(604)882.9094	7	Grove Yoga School
Victoria - January 23, 2027	Retro Box & Burn	Sonja Bidese	(250)886.2490	4	Success Fitness
Langley - January 24, 2027	Intro to Prenatal Fitness	Gaylene Thoeny	(604)882.9094	7	Grove Yoga School
Langley - February 20, 2027	Teaching Safe & Accessible Chair Yoga	Stacey Buss	(604)8360424	15	yogaonly.ca
Victoria - March 6, 2027	Indoor Cycling Certification	Sonja Bidese	(250)886.2490	5	Success Fitness
Courtney - April 4, 2027	Beyond the Mat	Sonja Bidese	(250)886.2490	2	Success Fitness

LIVE WORKSHOPS BY AN EXTERNAL PROVIDER

BCRPA FITNESS

DATE/LOCATION	TITLE	CONTACT	PHONE	CECs	LINK
Nanaimo - November 14, 2026	Prenatal Exercise Experience Webinar	Return to Form	(250)618.7853	1	Return to Form - Kinesiology & Pilates
North Vancouver - November 14, 2026	Effective Balance & Mobility for Seniors	SureFeet	(604)4019029	4	SureFeet
Vancouver - November 18, 2026	Aquatic Professional Development	Shannu Marette	(604)718.8286	6.75	Active Lifesaving Society
Nanaimo - November 28, 2026	Postnatal Exercise Experience Webinar	Return to Form	(250)618.7853	1.5	Return to Form - Kinesiology & Pilates
Langley - February 20-1, 2027	Kinetic Chain Release	Kim Maxwell	(604)378.2100	13	Kinetic Chain Release
Langley - April 17-18, 2027	Kinetic Chain Release	Kim Maxwell	(604)378.2100	13	Kinetic Chain Release
Langley - June 5-6, 2027	Kinetic Chain Release	Kim Maxwell	(604)378.2100	13	Kinetic Chain Release
Online	The Power of Breathwork	Rhona Parsons	(250)308.8616	6	Rhona Parsons
Online	Breath into Balance	Rhona Parsons	(250)308.8616	10	Rhona Parsons