ON-DEMAND WORKSHOPS BY A BCRPA LEADER

BCRPA FITNESS

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

ON-DEMAND WORKSHOPS BY A BCRPA LEADER

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

ON-DEMAND WORKSHOPS BY A BCRPA LEADER

TITLE	CONTACT	PHONE	CECs	LINK
5+Approved Workshops	Tina Grant	(778)882.9642	Varies	fitflowyogafitness.com
Interruptive Linear Undulations	Ryan Booth	(604)803.1288	8	Ryan Booth
Pilates Ascend: A Journey to Mastery.	Lorraine Stitilis	(604)916.6717	18	https://strongcorepilates.ca
Flow to Strength: Intermediate Pilates Evolution	Lorraine Stitliis	(604)916.6717	12	https://strongcorepilates.ca
Exploring Dual Chair Yoga	Stacey Buss	(604)836.0424	2	yogaonly.ca
Guiding Supported Chair Yoga	Stacey Buss	(604)836.0424	2	yogaonly.ca
Core Competence: Pre &post Natal Instructor Workshop	Lorraine Stitilis	(604)916.6717	16	https://strongcorepilates.ca
How to Cue Mat Pilates Exercises Like A Pro- Master	Lorraine Stitilis	(604)916.6717	4	https://strongcorepilates.ca

ON-DEMAND WORKSHOPS BY AN EXTERNAL PROVIDER

BCRPA FITNESS

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