

BCRPA PRE-APPROVED WORKSHOPS

Important Notice:

Please be advised that all courses are offered and/or facilitated by independent presenters/providers. While the BCRPA Fitness Program approves that the proposed content of the course is applicable to fitness leaders, ***the BCRPA Fitness Program is not affiliated with their operation and delivery and assumes no further responsibility or liability to registrants/participants taking these courses.*** All inquiries, registrations and any other issues are to be referred directly to the course providers.

Location	Date	Workshop Title	Contact	Phone	CECs	Website
Virtual Live	May 11 2024	Why People Hate Exercising - The Psychology, Everyone Needs to Know	We Mean Fitness, Inc.- Mike Kelly	(613) 830- 1300	8	BCRPA members get 20% when entering the discount code word "earlybird" at time of registration https://wemeanfitness.com/services/certification-and-courses/
Virtual Live Fort Langley	Sept 15 & 22 2024	Teaching Safe & Accessible Chair Yoga - Part 1	Grove Yoga School	(604) 836- 0424	8	groveyogaschool.ca
Virtual Live Vancouver	May 11 2024	Anatomy Refresher for Fitness Instructors	Lela D Pilates / FitFlow Yoga	(604) 318- 3326	4	www.leladpilates.com
Abbotsford	April 1- May 8 2024	Pelvic Floor Workshop	Home Fitness Plus	604 600 0747		https://homefitnessplus.ca/pelvic-floor-workshop
Virtual Live Vancouver	May 25 2024	Pilates Fitness Level Two	Lela D Pilates / FitFlow Yoga	(604) 318- 3326	12	www.leladpilates.com
Virtual -Live Fort Langley	Oct 20 and 27 2024	Teaching Safe & Accessible Chair Yoga - Part 2	Grove Yoga School	(604) 836- 0424	1.5	www.groveyogaschool.ca
South Surrey	June 8 2024	Inspire Summit	Fitness World - Ingrid Kight-Cohee		5	https://www.fitnessworld.ca/

Vancouver	On request	BCWBS Wheel Workshop	BC Wheelchair Basketball Society	604-787-2822	3	https://www.bcwbs.ca/
Victoria	May 4 2024	Cardio Kickboxing	Sonja Bidese - Success Fitness	(250) 886-2490	3	www.successfitness.ca