

## 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.

Workshop listings are organized alphabetically by Location then chronologically by Date.

Location	Date	Workshop Title	Contact	Phone	CECs	Website
Virtual Live	15 & 22-Sept-24	Teaching Safe & Accessible Chair Yoga - Part 1	Grove Yoga School	(604) 836-0424	8	<a href="http://www.groveyogaschool.ca">www.groveyogaschool.ca</a>
Virtual Live	11-May-24	Why People Hate Exercising - The Psychology, Everyone Needs to Know	We Mean Fitness, Inc. Contact: Mike Kelly	(613) 830-1300	8	<a href="https://wemeanfitness.com/services/certification-and-courses/">BCRPA members get 20% when entering the discount code word "earlybird" at time of registration https://wemeanfitness.com/services/certification-and-courses/</a>
Virtual Live	20 & 27 Oct-24	Teaching Safe & Accessible Chair Yoga - Part 2	Grove Yoga School	(604) 836-0424	8	<a href="http://groveyogaschool.ca">groveyogaschool.ca</a>
Courtenay	23 April 24	The Baby Boomer Dilemma: 'Oh My Aching Body'	Charlene Kopansky	416 751 9823	4	
Courtenay	23 April 24	Level Up Your Leadership	Charlene Kopansky	416 751 9823	4	
Virtual & Vancouver	11-May-24	Anatomy Refresher for Fitness Instructors	Lela D Pilates / FitFlow Yoga	(604) 318-3326	4	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
Virtual & Vancouver	25-May-24	Pilates Fitness - Level Two	Lela D Pilates	(604) 318-3326	12	<a href="http://www.leladpilates.com">www.leladpilates.com</a>

<b>Richmond</b>	28 April -24	Healthy at Every Size	<a href="mailto:speng@richmond.ca">speng@richmond.ca</a>	604 276 4300	2	
<b>Vancouver</b>	On request	BCWBS Wheel Workshop	BC Wheelchair Basketball Society	604-787-2822	3	<a href="https://www.bcwbs.ca/">https://www.bcwbs.ca/</a>
<b>Victoria</b>	20-Apr-24	Indoor Cycling Certification	Sonja Bidese - Success Fitness	<a href="mailto:successfitness@shaw.ca">successfitness@shaw.ca</a>	5	<a href="http://www.successfitness.ca">www.successfitness.ca</a>
<b>Victoria</b>	04-May-24	Cardio Kickboxing	Sonja Bidese - Success Fitness	(250) 886-2490	3	<a href="http://www.successfitness.ca">www.successfitness.ca</a>