



Testimonials from our BCRPA Workshop and Course Participants:

"Intro to Step Aerobics was amazing! Rachel was extremely thorough; her moves were extremely creative and fun! I feel very encouraged and excited to apply what I have learned today. I would strongly recommend this course to anyone waiting to teach a step course or simply learn some refreshing new moves/choreography."

"Rachel is obviously very passionate about Indoor Cycling-her energy made learning fun. Her knowledge of games to play was very valuable" ~Katrina Strand

"The course was hand on, very thorough and learned a lot of games to get everyone involved. Rachel did a good job teaching, very enthusiastic and knowledgeable. Lots of stories and experiences were good." ~ Rachel Luk

"The highlight of the Introduction to Choreography course was the size of the class offered excellent service and info sharing" ~Linda Thiesen

"What I learned from taking the Intro to Choreography course was alot! I learned how to design a pattern/block and build a class" ~Asma Kassam

Email from Lisa who just completed the Introduction to Cycling Course:

Hey Rachel,

Just wanted to say I'm so glad that I took your class! I just taught my very first spin class and it went great! I got lots of positive feedback and participants even asked me when and where else I was teaching! I was so nervous but I ended up having so much fun with all the different games and drills and the hour just flew by! I loved it. Thanks so much for all your great tips and helpful advice, I really appreciate it!

Take care, Lisa