



WYOMING ATHLETIC CLUB

Casper's Health, Sports and Fitness Complex

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The WAC Difference

Certified DOES NOT mean qualified!

You may have heard the term “certified personal trainer” but do know what that means? Did you know that a personal training certification requires:

- NO formal college education
- NO high school diploma
- NO background check
- NO classes in anatomy and physiology
- NO classes in nutrition
- NO classes in kinesiology or biomechanics
- NO CPR certification
- NO liability insurance
- NO prior work experience
- NO instruction on proper exercise form

Even the best certification provides only a limited knowledge in anatomy and nutrition and is no comparison to a college degree. So beware of those who are only “certified” they probably aren’t qualified!

For safe and effective programs you need to make sure you are in the hands of qualified trainers with formal degrees. **At the Wyoming Athletic Club all programs are designed by trainers with a formal education and supervised by an Exercise Physiologist.** We position ourselves above other personal training programs by providing the highest quality service using state of the art equipment and testing procedures. This combined with superior instruction and education makes our programs second to none.