



[www.ATItraining.edu](http://www.ATItraining.edu)

# PERSONAL FITNESS TRAINER Program



## The ATI Advantage

- Family-like atmosphere
- Small class sizes
- Personal attention
- Flexible class schedules
- Job placement assistance
- Financial assistance for qualified applicants
- Approved for Veterans training

## About Advanced Training Institute

Air Conditioning Technical Institute was established in October 2002 and transitioned into the Advanced Training Institute in February 2007. In September, 2012, ATI moved into a new modern facility. The ATI campus is approximately 63,000 square feet, with 27,500 square feet of lab space dedicated to the Automotive Technology, HVAC/R, and Electrician labs. Recognizing the need for well trained personal trainers, in 2015, ATI began offering a Personal Fitness Trainer program. Continuing with the tradition of creating industry standard training facilities, ATI added a large, well-equipped gym for the hands-on training of our Personal Fitness Trainer students. ATI is licensed by the State of Nevada Commission on Post Secondary Education.

ATI is proud to provide employers in the Las Vegas market with a group of highly-skilled graduates. It is the goal of ATI to set the standard for the training of Personal Fitness Trainers, as well as skilled trade technicians throughout the Southwest.

## How do I get started?

Meet with the ATI Admissions Department,  
it's that simple!

**Call 702-706-1116 today!**

For information on graduation rates, median debt of graduates completing these programs, and other important information, visit [www.atitraining.edu](http://www.atitraining.edu).

## Overview

Personal Trainers work on either an individual or group basis to instruct and motivate their clients to meet their fitness goals through exercise and nutrition. Fitness Trainers utilize a variety of techniques, including cardio, strength, and stretching.

## Why become a Personal Fitness Trainer?

Have you ever wanted to help people live healthier lives? Would you like the flexibility in your work schedule? Would you like to call a gym your office? Are you passionate about exercise and nutrition? Personal Fitness Trainers are able to do all these things. They make a difference everyday by teaching and motivating their clients to lead healthier lives.

## What training will I receive as an ATI Personal Fitness Trainer graduate?

- Anatomy & Physiology
- Kinesiology
- Biomechanics
- Exercise Psychology
- Strength and Conditioning
- Corrective Exercise Techniques
- Supplementation
- Introduction to Business & Sales

## Where can I work as a Personal Fitness Trainer?

- Fitness & Recreational Facilities
- Gyms
- Country Clubs
- Hospitals
- Resorts
- Schools
- Your own business

## Will I be prepared for Personal Trainer certifications?

ATI's comprehensive Personal Fitness Trainer curriculum is designed to prepare students for the National Academy of Sports Medicine (NASM) Certified Personal Trainer (CPT) and Fitness Nutrition Specialist (FNS) exams.

NASM is a global leader in Personal Trainer certifications. With training from ATI, you will be on your way to achieving this highly recognized industry certification.

## Why take the ATI Personal Fitness Program?

- 10 months of training
- Hands-on training in a state-of-the-industry gym
- Financial-aid is available for those who qualify
- Career placement assistance for graduates
- Accredited Member ACCET



**Contact ATI Today! 702-706-1116**



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