

NIKE+ TRAINING CLUB @ NIKE WOMEN BONDI BEACH – FAQs

How do I join Nike+ Training Club at the Nike Women Bondi Beach?

It's free to join. Sign up first at nike.com and choose to attend one of many workout sessions offered on Saturday 7th and Sunday 8th March 2015. When you arrive at each session you will need to check in with Concierge.

What is the difference between Nike+ Training Club and Nike+ Training Club LIVE?

Every Nike+ Training Club session will be fun, intense, full body workouts where our NTC Trainers will push you hard!

Our N+TC Live experience will take your N+TC experience to the next level! More NTC Trainers to lead your workout, more girls to workout with and heaps more music and energy to pump you up and get you motivated!

Where can I store my baggage?

You can drop your bag with us before you train and we will look after while you're working out. When you're done you can collect your bag. This will all be located in the VIP Rooftop area!

Is there water available at the session?

Yes, we have water and other refreshments available pre and post workout.

How much does it cost?

There is no cost to participate in our NTC sessions!

What sort of training will be offered?

Inspired by the N+TC app this training session will be a 45 minute high intensity workout that will help you improve your baseline fitness. It's up to you how hard you want to push yourself but our master trainer will be there to encourage and support you on the journey. When you're not training with us you can keep up the intensity by working out with the app at home or in the gym. The best news is that both this class and the app are completely free!

What if the session is too hard for me?

Our trainer will help you figure out your limits and how to keep pushing your fitness to a new level. Our app will help you build up a better fitness base and prepare for the weekly classes.

To ensure we all have a great training session, please remember to:

1. Sign in with our staff on arrival
2. Listen to your Trainer's instructions and follow the program as best you can
3. Be aware of others and your surroundings
4. Wear your Nike training club gear with pride and be a good ambassador
5. Enjoy the social experience

