



FAQ'S

Q1 – WHAT IS NIKE TRAINING CLUB (NTC)

Nike Training Club (NTC) is a community providing athletes* with the inspiration, expertise and support to help them achieve their exercise goals and become healthier. The home of the Club is Facebook and Instagram (@NikeWomen) where we provide motivation, tips from Nike Master Trainers, drills you can do on your own, information about the Nike Training Club iPhone/Android apps and details of our free group classes.

Q2 – DO I NEED TO BE SUPER FIT?

No. All are welcome to join Nike Training Club. Our Master Trainers will provide modifications to drills so you can work at your own level, while still pushing yourself.

Q3 – CAN I BRING A FRIEND?

Yes, as long as they book the same session as you and receive an email from us confirming their place in the class.

Q4 – HOW DO I REGISTER A PLACE IN A CLASS?

Use our easy booking system to reserve a space in the class you'd like to attend. Classes are available to book a week in advance. You can go as often as you like, as long as you book in advance.

Check out [Nike.com/GETOUTHERE](https://www.nike.com/getoutthere) for the latest information

***If you have a body, you're an athlete**