



NIKE+ TRAINING CLUB FAQ'S

1. What is Nike+ Training Club?

Nike+ Training Club is a platform that brings together the best of Nike+ Training through digital services, in-store services and live experiences led by an expert team of Trainers. Nike+ Training Club offers weekly training sessions geared to inspire and enable participants of varying ability levels to become better athletes.

2. Who can join Nike+ Training Club sessions?

Nike+ Training Club is open to anyone who wants to start; or get back into; or those simply curious about training. From those starting their journey; to seasoned trainers, NTC invites you to join us, and stop exercising and start training!

The workouts are open to both women and men.

3. How much does it cost?

There is no cost to participate in our NTC sessions. Spots are limited therefore ALL participants must register online to reserve a space; and that can be easily done on a mobile phone or desktop.

4. Do I need a Viva Gym membership to access Nike+ Training Club sessions?

No. If you do not have a Viva Gym membership, that's ok. Your confirmed Nike+ Training Club registration gives you once-off pass to a NTC session hosted in Viva Gym Rosebank. Your pass is valid from the moment you arrive and check-in for your NTC session at Viva Gym Rosebank. It also gives you access to the change rooms and lockers.

5. Do I still need to register for NTC if I have a Viva Gym membership?

Yes. We design our sessions so you can become better athletes, together. Capacity at each session is limited to just the right number for you and everyone else to get the chance to receive proper Training & Motivation from our experts.

6. How do I sign up for NTC?

To get started go to [Nike.com/Joburg](https://www.nike.com/joburg). Click on the LEARN MORE button under the Come Train With Us banner. There you will find all the training sessions on

offer at the time. Select the session you're interested in and then use your Nike+ account to book your spot. If you do not have a Nike+ account and not a Nike+ member, you can create an account on Nike.com.

On a desktop, click the "Join/Log In To Nike+ Account" button at the top right hand corner of the page. From there, your login info can be used to sign up for sessions, sign into apps, and shop for gear online.

7. Is there a minimum age limit?

Participants have to be 18 years and older.

8. Do I need to be fit?

Participants of all ability levels are encouraged to come train with us. The format for every Nike+ Training Club session means that everyone who shows up at the event can find their matching level of effort & intensity. Further, all Nike+ Training Club Workouts are not competitive and so a basic level of fitness from any form of regular physical activity will get you through. Let our expert trainers know of any injuries or special needs before the workout begins. For beginners there is an online guide that will introduce you to Training. Learn more at

http://www.nike.com/za/en_gb/c/training/nike-training-club

9. Do I have to use Nike+ Apps to participate?

While not compulsory, it is advisable to download the Nike+ Training App designed to serve as your ultimate personal trainer. It is a great way to personalise a training plan based on your needs, adapt your progress, share your workout and connect with the Nike+ community. Other related Apps such as the Nike+ Run Club App (NRC) would also be beneficial in supporting and complementing your overall progress as an athlete.

10. What should I wear?

Come ready in clothing and footwear that will be appropriate and comfortable for Training. Also bring a jumper/jacket to keep warm especially post workout.

11. What must I bring?

Feel free to bring your own towel, water bottle and any other "Equipment" that will enhance your training. From hydration, to fuel, to music, to professional photographers to catch you in the act, we've got you covered.

12. Where can I leave my stuff?

There are lockers in the Viva Gym change rooms and in the chill area. Please bring a lock and key to secure your locker.

13. Is there water available at the session?

Yes, we have water available pre and post workout. There are water fountains situated within the gym and at the entrance to the studio should you want to refill your waterbottle.

14. Will there be food?

Light fuel in the form of fresh fruit be provided post workout.

15. How many people will participate?

We design our sessions so you can become better athletes, together. Capacity at each session is limited to just the right number for you and everyone else to get the chance to receive proper Training & Motivation from our experts.

16. Will I be safe?

Yes all participants will be safe. Safety, security and medical services & personnel will be available to safeguard the training.

17. What sort of training will be offered?

Inspired by the NTC App, our training sessions are a 45-60 minute moderate to high intensity session that will help you improve your basic fitness. It's up to you how hard you want to push yourself but our trainers 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 the classes and app are completely free.

18. Can I receive photos from my workout?

Photos are sent out post-session to all members that checked in online as part of the 'Cooldown Email'. Not every session will be photographed. Cellphones are allowed in the studio, and you are welcome to take photos while training.

19. Where do I park?

There is ample parking within The Zone Rosebank precinct. If you make use of the undercover parking in The Zone, your parking will be validated by Viva Gym.

20.How do I cancel a spot?

If the world aligns against you and you need to cancel, just click the “Cancel your Spot” link in your confirmation email. And please join us for another session soon!

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

1. Check-in with our staff on arrival
2. Listen to your Trainer’s instructions and follow the programme as best you can
3. Be aware of others and your surroundings
4. Enjoy the social experience