



# GET LEAN, TONED AND STRONG

WITH A WOMEN'S SUMMER  
FITNESS CLASS AT UCD





**SPOT PRIZES  
AWARDED**

**Day:** Saturdays (July & August)

**Venue:** UCD Sports Centre

**Time:** 11am

**Starts:** 2nd July 2011

**Price:** € 4 per class

## **WHAT IS NIKE TRAINING CLUB?**

NIKE Training Club (NTC) is a full-body functional training class, delivered by our qualified NIKE Instructors, and designed to help you meet your fitness goals.

The NTC philosophy is built on the fundamentals of functional fitness training and incorporates dynamic, optimised drills that deliver the most effective, efficient workout ever.

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