

# Campus Sports & Recreation

## FALL 2023 —

## Group Fitness

Group Fitness Classes will begin on September 5th.

All classes are open to students, staff, faculty, and alumni.

Students, staff & faculty are allowed 1 guest per semester.

Contact  
[n.spangler@northeastern.edu](mailto:n.spangler@northeastern.edu)  
for a guest pass in advance.



*Please read the following instructions to sign up for drop-in Group Fitness Classes on Northeastern's Oakland campus.*

### STEP 1: REGISTRATION

Follow the QR code here, or the link on our [website](#), to complete the registration form.



To sign up for a series-based class, visit <https://forms.office.com/r/Tiu4nu1S4b>


### STEP 2: DOWNLOAD ATLETO

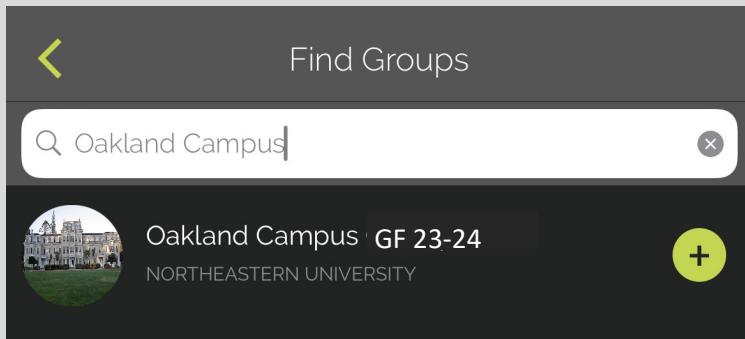
To sign-up for Drop-In classes, download the Atleto app on your smartphone or tablet. Create an account using the same email you registered with. If you already have an Atleto account, skip to Step 3.

**ATLETO**  
#SPORTTOGETHER

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## STEP 3: JOIN GROUP

Under 'Groups' in Atleto, search 'Oakland Campus', click  to join the group for 2023-24. It may take up to 24 hours (or 48 hours for alumni) for your request to be approved. Contact [n.spangler@northeastern.edu](mailto:n.spangler@northeastern.edu) if a more urgent approval is needed.



## STEP 4: COMPLETE WAIVER

Once approved in the group, a textbox will pop up in Atleto prompting you to complete the waiver.

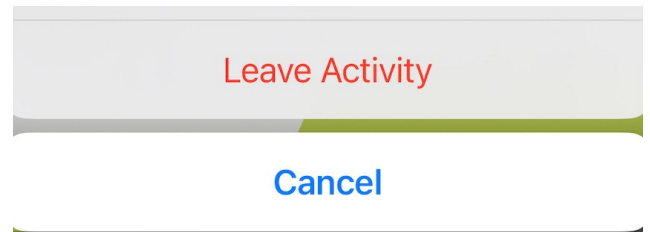
Once you complete all registration requirements, your status will change from 'Pending' to 'Active' and you will be able to sign up for classes!

## STEP 5: RESERVE

### CLASSES

Login to your Atleto account. You should be able to see all the classes for the upcoming week.

If you can no longer attend a class you signed up for, you must LEAVE the class in the app.



Class Schedule & Descriptions, as well as registration for Series-Based Classes, can be found on our website:



Contact [n.spangler@northeastern.edu](mailto:n.spangler@northeastern.edu) if you have any questions.

Follow us on IG:  
[@MillsNUCampusSportsandRec](https://www.instagram.com/MillsNUCampusSportsandRec)