



Group Fitness FAQ's

Is there a fee to take Group Fitness Classes on the Oakland Campus?

Nope! It is free for all drop-in classes listed in the Atleto app. In addition, most of our series-based classes are free as well. If there is a fee for a series class, it will be minimal and clearly stated during the sign-up process.

How do I sign up for classes?

First, complete the [Group Fitness Membership Registration Form](#) ----->

Next, download the Atleto app and join the 'Oakland Campus' group for the current semester to sign up for any drop-in class. *Both steps must be completed* before your request to join will be approved.

Classes open for signups one week in advance.



I have downloaded the Atleto app, but I cannot see the classes?

That is most likely because you have not yet been approved in the 'Oakland Campus' group yet. If you have already completed the Group Fitness Membership Registration Form, approval can take 12-48 hours. Please email n.spangler@northeastern.edu directly if you need more immediate approval. Alternatively, if you have *not* yet completed the Group Fitness Membership Registration Form, you need to do that before you will be approved.

Can I attend classes on a drop-in basis?

Yes! All the classes listed on our Group Fitness Schedule each month are for drop-in only. Come once, or come to every class, it's up to you! However, all of our series-based classes are meant for you to attend regularly. They range from 2-6 weeks long and are designed to be progressive so regular attendance is highly encouraged.

Can I use the studio spaces when classes are not in session?

If you would like to use studio space when classes are not in session, you will need to request to reserve the space using the following link: <https://forms.office.com/r/eJqG53G3Zg>. Once approved, you will receive an email with further instructions. You may also email a.cole@northeastern.edu if you have any questions.

Where can I find the schedule for classes?

You can find the current schedule on our [website](#), in your email inbox if you are a registered group fitness member, or on flyers posted around Haas Pavilion and specifically in front of the studio spaces. Check out the Group Fitness board at the end of the hallway in Haas for even more information regarding Group Fitness (i.e., series classes, QR codes, class descriptions, instructor bios, and more!).

Where can I find the Campus Sports & Recreation website?



Here is the direct link and QR code to our [website](#), where you can find all information for Group Fitness, as well as Intramurals, Club Sports, Recreation, Esports, and Facilities. Unfortunately, it's difficult to find navigating through the university's main pages.

<https://millsatnucampusportsandrec.sites.northeastern.edu/>

What if I signed up for a class but I can no longer attend?

We understand things come up! Please remove yourself from the class in Atleto to allow space for others to join. Simply click "Leave" in the same spot you clicked "Join". You are welcome to message or email the instructor, but it is not required.

Will the class topics and/or times ever change?

Every month, you will see a different drop-in class schedule posted. We will do our best to accommodate requests for types of classes offered, as well as days and times that work best for students. However, we may not always be able to offer what you are looking for, or at the times you are available, due to instructor and space availability. If you would like to share feedback, please complete [this form https://forms.gle/k3zuk5NHnhkgLDcU8](https://forms.gle/k3zuk5NHnhkgLDcU8) or contact n.spangler@northeastern.edu.