

Spring 2023 — Group Fitness

Group Fitness Classes will begin on January 11th, 2023.

Welcome to the Mills College at Northeastern University Group Fitness Program. Please read the following instructions for signing up for 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.



STEP 2: DOWNLOAD ATLETO


To sign-up for Drop-In classes, download the Atleto app on your smartphone or tablet. Create an account using your Northeastern email account.

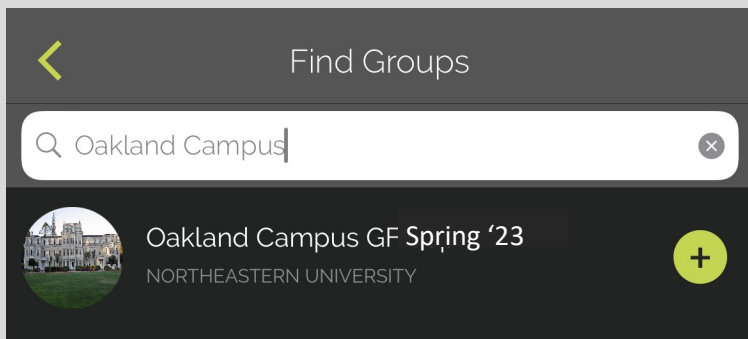
*For series-based classes, visit this link to sign-up after completing Step 1: <https://forms.office.com/r/c2LQsHEVL2>



Campus Sports & Recreation

STEP 3: JOIN GROUP

Under 'Groups' in Atleto, search 'Oakland Campus', click  to join the group. It may take up to 24 hours for your request to be approved.



STEP 4: COMPLETE WAIVER

Once approved in the group, a textbox will pop up in Atleto prompting you to complete the waiver. This approval process may take 24 hours. Once you complete all registration requirements, your status will change from 'Pending' to 'Active' and you will be able to sign up for classes!

Contact n.spangler@northeastern.edu if a more urgent approval is needed.

STEP 5: RESERVE

CLASSES

Login to your Atleto account. You should be able to see all the classes for the upcoming week. The class title, time, location, capacity, available spots, instructor, and class duration will be displayed.

Click 'JOIN' on the group fitness class you plan to attend.

If you can no longer attend a class you signed up for, please remove yourself from the class in the app.

Drop-In Class Schedule & Descriptions can be found on our website:



Contact n.spangler@northeastern.edu if you have any questions.

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