

NORTHEASTERN UNIVERSITY
Campus Recreation
140 Marino Center
Boston, MA 02115

Group Fitness Program – Physician Approval Form

Section I: Medical Information Release

(To be completed by participant)

NAME: (please print) _____ HOME ADDRESS: _____

PHONE: _____ CITY/ STATE/ ZIP: _____

Northeastern University's policy regarding registration for the Group Fitness Program states that all alumni, faculty, staff, part-time students, as well as full-time students aged 35 years or older, and all Boston Conservatory Students are required to submit a completed Physician Approval form prior to participating in any class. Participation is contingent upon your physician's approval / disapproval.

I hereby give my physician permission to release any pertinent medical information from my medical records to the staff of Northeastern University. I understand that this information will be kept confidentially.

PARTICIPANT SIGNATURE: _____ DATE: _____

Section II: Physician Approval

(To be completed by participant's physician)

Dear Physician:

Your patient, named above, has expressed an interest in participating in our Group Fitness Program. Descriptions of classes offered by the Program are listed on the back of this form. Participants are free to register for the class(es) of their choice.

Please select the appropriate statement below concerning this patient.

no restrictions apply as to type of class

the following restrictions should apply: _____

participation is not recommended at this time (If checked, patient will be denied participation)

PHYSICIAN SIGNATURE: _____ DATE: _____ PHONE: _____

PHYSICIAN NAME: (print, type, or stamp) _____

ADDRESS: _____

Questions or comments can be directed to Kristen Miller, Fitness Director, (617) 373-7894 or FAX to (617) 373-5000.

Class Descriptions & Information

Cardio Classes

Advanced Step (60 min) This class offers higher intensity, as well as more challenging choreography. Prior experience in Step is recommended for participation.

Cardio Combo: (60 min) This class keeps you moving by combining two of our various cardio workouts such as: Step, Fatburn, Cardiobox, etc...Get the best of two cardio worlds.

Cardio 45 w/ Abs: (45 min) This class offers a cardio workout that is short in duration but long on fun! A great class for beginners.

Fatburn: (60 min) Challenge yourself to an ultimate cardio workout filled with innovative choreography.

Step: (60 min) Utilizing an adjustable step, these classes bring your cardiovascular workout to new heights.

Zumba: (45 min) A Latin inspired dance-fitness class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

Muscle Conditioning

Abs: (30 min) Stop doing crunches on your own. This abs class uses various stations and/or equipment to make ab work fun again.

Lower Body Blast: (45) Challenge your core and lower body using your own body weight, resistance bands and Pilates rings.

On the Ball: (60 min) This class uses a physioball to improve balance, strength and muscle conditioning. If your looking to challenge your muscles and have a great time come to this class.

Stretch & Strengthen: (60 min) This class will improve your flexibility, strength, and posture utilizing various stretching techniques. This workout will leave you feeling strong and limber.

Total Body Sculpting: (60 min) Experience this challenging and dynamic whole body muscle conditioning class using dumbbells, bands, tubes, exercise balls, dyna-discs, & body bars as resistance tools.

Thighs, Butts, and Guts: (45 min) This variation on the Total Body Sculpting class focuses specifically on the lower body and core muscle groups.

Upper Body Blast: (30 min) This upper body muscle conditioning class targets the back, shoulders, biceps, and triceps. If you are sick of doing the same old strength routine come to this class.

Cardioibox

Cardioibox: (60) Punch and kick your way through the latest fitness trend. This innovative workout utilizes new moves from boxing and kickboxing.

Cardioibox Plus (60): This invigorating workout includes combinations of punches and kicks while also incorporating muscle conditioning for a total body workout

Knock Out: (60) Take cardioboxing to the next level! Utilizing heavy bags and gloves, this great workout will take you through intervals of boxing in a station format.

**No Late Admittance is Allowed!
No Exceptions!**

Cardio and Muscle Conditioning

Bootcamp: (60min) Drop and give me 20!
This intermediate/advanced class utilizes challenging segments of cardiovascular work, muscle conditioning, and other athletic drills to ensure a complete total body workout.

CardioSculpt: (60 min) This class combines Fatburn with Total Body Sculpting for a fun 30 minute Hi/Lo workout followed by a challenging 30 minute muscle conditioning portion.

Step & Sculpt: (60 min) This high-energy interval training class alternates intermediate/advanced step choreography with intensive muscle conditioning for a total-body workout.

Yoga

Yoga: (45) (60) (75) A series of poses that combine flexibility, strength, power, and balance. This class provides an excellent and complete flexibility and toning workout.

Pilates

Mat Pilates: (60 min) A series of exercises that provides you with complete core toning while improving lean muscle.

Cycle

Cycle 30: (30 Min) "Get ready for the road" Group cycling has never been better. Come and see how great cycling can be.

Cycle 45: (45 min) This group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.

Cycle 60: (60 min) This intermediate to advanced group cycling class is for those ready for a greater challenge. It involves higher intensity and longer duration drills.

Cycle 75: (75 min) An advanced group cycling class great for alternate training days. It is a very high intensity and challenging workout.

Not Your Average Classes!

CampRec: (60) Jump rope, hopscotch and relay races! It's like recess for college students! This fun always changing class will pump you up on a Saturday mornings.

Cross Training: (60) This class keeps your workout varied and well-rounded by involving elements of Fatburn, Step and Sculpting in each class. "Great for beginners to advanced participants."

Energizer Combo: (60 min) Advanced interval class that fuses hi/lo, step, sculpting, and drills. Participants should have prior step knowledge.

Ultimate Mix: (60) This class offers a workout that is FUN and different each week. It's never the same!

*Please Note: Schedule is subject to change.

- To reserve a class, or for an updated schedule go to www.campusrec.neu.edu.
- Cancellations must be made online at least one-half hour prior to class start time.
- *2 No-shows will result in loss of reservation privileges.*
- Refer to your policies and procedures handout for the complete No-show policy.