

# ADELPHI UNIVERSITY

Department of Health  
and Sport Sciences  
Adult Fitness Program  
One South Avenue  
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Dear Prospective Member:

If you are interested in joining the Adelphi University Adult Fitness Program, please call Noreen DeNicola at 516-877-4260 between 9am and 4pm to schedule an appointment for your Health/Fitness Evaluation. **A \$50 deposit, payable by check to Adelphi University**, is required to secure your appointment. The deposit will be applied to the full membership fee and is **NON-REFUNDABLE** if you cancel or have to reschedule less than 24 hours in advance (for non-medical reasons) or if you have the evaluation and subsequently decide not to participate in the program. Please make the staff aware if you are not feeling well or have symptoms related to any type of sickness at the time of or within a day of your evaluation.

Please **DO NOT** eat, drink alcoholic or caffeinated beverages or smoke within two hours of your evaluation. Water and decaffeinated beverages should be consumed to ensure adequate hydration. Avoid any strenuous exercise on the day of the evaluation. Please have a light meal approximately three hours before your evaluation. Take all medications as prescribed by your physician.

You will be exercising during your fitness evaluation, so please wear loose fitting, comfortable workout clothes and sneakers. An EKG is included in the evaluation, so women should **NOT** wear a bra with underwire support. To expedite the process, men may choose to shave their chest hair prior to arrival, or we will do this on site. Prior to your evaluation, you **MUST** submit:

- ⇒ Physician's Clearance Form (signed and stamped)
- ⇒ Health/Medical Questionnaire
- ⇒ up to date COVID-19 Vaccination Record Card
- ⇒ **\$50 DEPOSIT (payable by check to Adelphi University)**

The fitness evaluation is a required part of the Adult Fitness Program and takes approximately one hour to complete. An additional one hour appointment will be scheduled after your evaluation and prior to initiating the exercise program. This is also a program requirement and includes:

- ⇒ a review of your results with a staff member
- ⇒ an overview of your exercise prescription
- ⇒ an orientation to class format
- ⇒ determination of your resistance training program
- ⇒ proper use of all exercise equipment

The Adult Fitness Program schedule generally coincides with the University holiday schedule. You will be notified in advance of any schedule changes or closures. Your membership includes participation in **one exercise class per day** of your choosing. The one hour exercise classes meet on **Monday, Wednesday and Friday at: 7:30 am, 9:00, Noon and 4:30 pm**. It is necessary to provide your car registration to secure a parking permit and eligibility to park on campus. If you have a valid handicap parking tag, please display and park in designated spots. You may access program information online at:  
<https://www.adelphi.edu/education/community-engagement/adult-fitness-program/>

Sincerely,  
The Adult Fitness Program Staff