

# ADELPHI UNIVERSITY

Department of Health  
and Sport Sciences  
Adult Fitness Program  
One South Avenue  
P.O. Box 701

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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 circumstances related to