

Want to use the Fitness Center or Gym?

Complete these EASY steps:

NEW Students:

1. Make sure you have an NHTI ID – see Campus Safety if you do not
2. Fill out an NHTI Student/Employee Waiver
 - A. Wellness Center Office by Gym has them
 - B. On line: <https://www.nhti.edu/campus-life/health-and-wellness/fitness-recreation/>
3. Fill out an Emergency Contact Form
 - A. Wellness Center Office by Gym has them
 - C. On line: <https://www.nhti.edu/campus-life/health-and-wellness/fitness-recreation/>

RETURNING Students:

1. Make sure you have an NHTI ID – see Campus Safety if you do not
2. Check with the Wellness Center Office to make sure you have a waiver and emergency contact form on file – if you do NOT, follow steps 2 & 3 above under NEW students.
3. IF any of your Emergency Contact Form information has changed, we will also need you to fill out a new one. These can be found in the WC Office or on line as stated above.

NHTI Faculty and Staff:

1. Follow the same instructions as above for **NEW** student if you are a **NEW** employee
2. Follow the same instructions as above for **RETURNING** students if you are a **RETURNING** employee/user of the facilities.

Questions? Please contact Deb Smith: Director of Recreation and Wellness at
dsmith@ccsnh.edu or 603-230-4041