



**TOWN OF NORTH HEMPSTEAD
SUPERVISOR JENNIFER DeSENA, THE TOWN BOARD AND
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:**

Project Independence Exercise Classes Fall 2023



REGISTRATION STARTS 10:00a.m.-August 29, 2023 - CALL 311 OR (516) 869-6311

Monday: Sept 18; Oct 2, 16, 23, 30; Nov 6, 13, 27; Dec 4, 11

- Yoga with Rebecca - Clinton G. Martin Park - 9:30 a.m.
- Line Dancing (Beginners) with Jennifer - Clinton G. Martin Park - 10:30 a.m.
- Line Dancing (Intermediate) with Jennifer Clinton G. Martin Park - 11:30 a.m.
- Low Impact Aerobics with Andrea - Caemmerer Park - 11:30 a.m.
- Low Impact Aerobics with Andrea - Caemmerer Park - 12:30 p.m.

Tuesday: Sept 19, 26; Oct 3, 10, 17, 24, 31; Nov 14, 28, Dec 5, 12

- Yoga with Suzanne - Yes We Can Community Center - 10:00 a.m.
- Tai-Chi with Joseph - Yes We Can Community Center - 1:00 p.m.

Wednesday: Sept 20, 27; Oct 4, 11, 18, 25; Nov 1, 8, 15, 29; Dec 6, 13

- Zumba Gold with Elaine - Tully Park - 10:00 a.m.
- Zumba Gold with Elaine - Tully Park - 11:00 a.m.
- Tai-Chi with Joseph Panico - Port Washington Adult Activity Center - 1:00 p.m.

Thursday: Sept 21, 28; Oct 5, 12, 19, 26; Nov 2, 9, 16, 30, Dec 7, 14

- Yoga with Suzanne - Yes We Can Community Center - 10:00 a.m.
- Chair Fitness with Andrea - Yes We Can Community Center - 11:30 a.m.
- Chair Yoga with Jackie - Roslyn Community Center - 10:30 a.m.
- Tai-Chi for Balance & Health with Cindy - Fuschillo Park - 11:00 a.m.
- Dance for Fitness with Elaine - Fuschillo Park - 12:00 p.m.

Friday: Sept 22, 29; Oct 6, 13, 20; Nov 3, 17; Dec 1, 8, 15

- Gentle Fitness with Nicole - Port Washington Adult Activity Center - 10:00 a.m.
- Gentle Fitness with Nicole - Port Washington Adult Activity Center - 11:00 a.m.

***Exercise for Balance & Strength with NYU Langone - Yes We Can Community Ctr - 9:30 a.m.**
 (*Registering for this program does not count toward the 2 class per person limit.)

Please note, dates and times are subject to change. (See reverse side for important program guidelines.)

**CALL 311 OR (516) 869-6311
NORTHHEMPSTEADNY.GOV**





Frequently Asked Questions PROJECT INDEPENDENCE (PI) EXERCISE CLASSES

1. **PROJECT INDEPENDENCE (PI) FITNESS CLASS PARTICIPATION:**

CAN I PARTICIPATE IN A PI FITNESS CLASS(ES) AND HOW DO I REGISTER?

To register for any/all PI exercise class(es), participants must be a North Hempstead Town permanent resident and 60 years of age or older. Participants must call 311 or dial (516) 869-6311 to register.

2. **PI EXERCISE WAIVER:**

WHY DO I NEED TO SIGN A PI EXERCISE WAIVER BEFORE PARTICIPATING IN A PI EXERCISE CLASS?

The PI Exercise Waiver details certain inherent risks associated with exercising. It is the position of the Town that your participation is at your own risk and liability. All participants should receive medical clearance before participating in the PI Exercise program. Please thoroughly read the PI Exercise Waiver, sign, complete and return as indicated.

3. **ILLNESS:**

WHAT IF I'M A LITTLE UNDER THE WEATHER BUT THINK I CAN EXERCISE?

Please stay at home and rest. Many of our participants are elderly and therefore susceptible to illness. Your cooperation is greatly appreciated.

4. **INCLEMENT WEATHER:**

HOW DO I FIND OUT IF A CLASS IS CANCELLED DUE TO INCLEMENT WEATHER, ETC.?

Call 311 for the most up-to-date information. Remember, you should stay home if the weather is bad. It is likely we will cancel class if the weather is bad or threatening.

5. **LATENESS TO CLASS:**

WHAT IF I'M RUNNING LATE TO CLASS?

If you are going to be more than 15 minutes late, please refrain from attending. It is disruptive to the class and the instructor.

6. **CLASS LIMIT POLICY AND MISSED CLASSES:**

CAN I TAKE MORE THAN 1 CLASS PER WEEK? WHAT IF I MISS A FEW CLASSES?

For the 2023 FALL season, in fairness to all participants, there will be a 2-class limit per participant (participants cannot register for the same style back-to-back classes). If you miss 2 consecutive classes, your spot may be given to someone on the waiting list.

***We greatly appreciate your cooperation and hope you enjoy,
your Project Independence Exercise Classes!***

Please call 311 or (516) 869-6311, to register.