



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

Project Independence Exercise Classes Winter-Spring 2023



REGISTRATION STARTS 10:00am - JANUARY 24, 2023 - CALL 311 OR (516) 869-6311

Monday: February 27, March 6, 13, 20, 27, April 17, 24, May 1, 8, 15, 22, June 5, 12

- Yoga with Rebecca - Clinton G. Martin Park - 9:15am
- Line Dancing with Jennifer - Clinton G. Martin Park - 10:15am
- Ballroom Dancing with Jennifer Clinton G. Martin Park -11:15am
- Yoga with Nicole - Caemmerer Park - 11:30am
- Gentle Fitness with Nicole Caemmerer Park- 12:30pm

Tuesday: February 28, March 7, 14, 21, 28, April 18, 25, May 2, 9, 16, 23, June 6, 13

- Yoga with Suzanne - Yes We Can Community Center - 10:00am
- Tai-Chi with Joseph - Yes We Can Community Center - 1:00pm

Wednesday: March 1, 8 15, 22, 29, April 19, 26, May 3, 10, 17, 24, June 7, 14

- Zumba Gold – Raphael – Tully Park -10:00am
- Zumba Gold – Raphael – Tully Park - 11:00am
- Tai-Chi with Joseph Panico - Port Washington Adult Activity Center - 1:00pm

Thursday: March 2, 9 16, 23, 30, April 20, 27, May 4, 11, 18, 25, June 8, 15

- Yoga with Suzanne - Yes We Can Community Center - 10:00am
- Zumba Gold with Ana – Yes We Can Community Center – 11:30am
- Chair Yoga with Jackie – Roslyn Community Center - 10:30am
- Tai-Chi for Balance & Health with Cindy – Fuschillo Park - 11:00am
- Dance for Fitness with Elaine – Fuschillo Park - 12:00pm

Friday: March 3, 10 17, 24, 31, April 21, 28, May 5, 12, 19, 26, June 9, 16

- Gentle Fitness with Nicole Port Washington Adult Activity Center - 10:00am
- Gentle Fitness with Nicole Port Washington Adult Activity Center - 11:00am
- **Matter of Balance with NYU Langone - Yes We Can Community Center**
 9:30am – 11:30am (2 hour program with materials supplied by NYU Langone)

Please note, dates 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 classes, 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.

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 Winter/Spring season, in fairness to all participants, there will be a 2-class limit per participant (participants cannot register for the same 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
the Project Independence Exercise Classes for the Town's PI members!***

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