



TOWN OF NORTH HEMPSTEAD
SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

Project Independence Exercise Classes

FALL/WINTER 2019



**CLASSES BEGIN MONDAY, SEPTEMBER 16, 2019.
REGISTRATION OPENS AUGUST 12TH.**

Monday

- Total Fitness with Margaret Gatzonis-Clinton G. Martin Park- 9:45 a.m.-10:45 a.m.
- Line Dancing with Margaret Gatzonis-Clinton G. Martin Park-11:00 a.m.-12:00 p.m.
- Zumba Gold with Margaret Gatzonis-Port Washington Adult Activities Center- 1:00 p.m.-2:00 p.m.
- Yoga with Nandini Trivedi - Yes We Can Community Center -1:00 p.m.-2:00 p.m.

Tuesday

- Zumba Gold with Margaret Gatzonis-Tully Park -12:30 p.m.-1:30 p.m.
- Tai-Chi with Joseph Panico-Manhasset Valley Residence-6:00 p.m.-7:00 p.m.

Wednesday

- Yoga with Mike Mancini -Clinton G. Martin Park- 9:30 a.m.-10:30 a.m.
- Fitness with Mike Mancini -Clinton G. Martin Park- 10:30 a.m.-11:30 a.m.
- Yoga with Nandini Trivedi-Port Washington Adult Activities Center-10:30 a.m.-11:30 a.m.
- Yoga with Nandini Trivedi-Roslyn Community Center-12:00 p.m.-1:00 p.m.
- Zumba Gold with Margaret Gatzonis-Fuschillo Park- 12:30 p.m.-1:30 p.m.
- Tai-Chi with Joseph Panico-Port Washington Adult Activities Center- 1:00 p.m.-2:00 p.m.

Thursday

- Tai-Chi with Linda Cafiero-Roslyn Community Center -10:00 a.m.-11:00 a.m.
- Tai-Chi with Linda Cafiero-Fuschillo Park, Carle Place- 11:30 a.m.-12:30 p.m.

Friday

- Line Dancing with Margaret Gatzonis-Port Washington Adult Activities Ctr-10:00 a.m.-11:00 a.m.
- Total Fitness with Margaret Gatzonis -Port Washington Adult Activities Ctr-11:00 a.m.-12:00 p.m.
- Zumba Gold with Margaret Gatzonis-Roslyn Community Center-1:00 p.m.-2:00 p.m.

**Call 311 or 869-6311 for list of dates. We kindly ask that you limit to 3 classes.
DATES AND TIMES ARE SUBJECT TO CHANGE.**

CALL 311 OR (516) 869-6311
NORTHHEMPSTEAD.NY.GOV

Town of North Hempstead
Project Independence

FAQ's

Frequently Asked Questions PROJECT INDEPENDENCE FITNESS CLASSES

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

WHO CAN PARTICPATE/REGISTER FOR A PI FITNESS CLASS?

In order to register for any Town of North Hempstead Project Independence fitness class, the participant must be a Project Independence member, 60 years or older, and must be a permanent resident of North Hempstead.

2. **PI EXERCISE WAIVER:**

WHY DO I NEED TO SIGN A PI EXERCISE WAIVER BEFORE PARTICPATING IN A PI FITNESS 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(s). Please thoroughly read the PI Exercise Waiver, sign and complete.

3. **ILLNESS:**

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

Please stay at home and rest. Keep in mind that many of our participants are elderly and therefore susceptible to illness. Your cooperation is greatly appreciated.

4. **INCLEMENT WEATHER:**

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

Call 311 for the most up-to-date information. Keep in mind, you should stay home if the weather is bad. It is likely we will cancel class if the weather is bad or threatening. Please stay in touch with our 311 call center for the most up to date information.

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. **SWITCHING CLASSES**

CAN I CHANGE CLASSES?

Please call 311 if you decide to change classes. Many classes are full and have a waiting list. In addition, it is important for the PI team to let the instructor know if a new participant is starting as a waiver is required to each class.

We greatly appreciate your cooperation and hope you enjoy the Project Independence Fitness Classes for the Town's PI members! Please call 311 if you have further questions.