



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

Project Independence Exercise Classes Fall 2022



Please, call 311 or (516) 869-6311 to register, classes are filling up, thank you.

Monday:

Yoga with Rebecca M. - Clinton G. Martin Park 9:30 a.m. – 10:20 a.m.

September 12, 19, October 3, 17, 24, 31, November 7, 14, 28, December 5, 12

Line Dancing with Jennifer C. - Clinton G. Martin Park 10:30 a.m. – 11:20 a.m.

September 12, 19, October 3, 17, 24, 31, November 7, 14, 28, December 5, 12

Tuesday:

Yoga with Suzanne S. - Yes We Can Community Center 10:00 a.m. – 11:00 a.m.

September 13, 20, October 11, 18, 25, November 1, 15, 29, December 6, 13

Tai-Chi with Joseph P. - Yes We Can Community Center 1:00 p.m. – 2:00 p.m.

September 13, 20, October 4, 11, 18, 25, November 1, 15, 29, December 6, 13

Wednesday:

Zumba Gold with Raphael F. – Tully Park 9:30 a.m. – 10:20 a.m.

Zumba Gold with Raphael F. – Tully Park 10:30 a.m. - 11:20 a.m. ***FULL**

***September 14, 21, 28, October 12, 19, 26, November 2, 9, 16, 30, December 7, 14**

Tai-Chi with Joseph P. - Port Washington Activity Center ***FULL**

***September 14, 21, 28, October 12, 19, 26, November 2, 9, 16, 30, December 7, 14**

Thursday:

Yoga with Suzanne S. - Yes We Can Community Center 10:00 a.m. – 11:00 a.m.

September 15, 22, October 13, 20, 27, November 3, 10, 17, December 1, 8, 15

Friday:

Gentle Fitness with Nicole H. - Port Washington Activity Center ***FULL**

Gentle Fitness with Nicole H. - Port Washington Activity Center ***FULL**

***September 16, October 7, 14, 21, 28, November 4, 11, 18, December 2, 9, 16**

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

Town of North Hempstead
Project Independence

Frequently Asked Questions PROJECT INDEPENDENCE FITNESS CLASSES

1. PROJECT INDEPENDENCE (PI) FITNESS CLASS PARTICIPATION:

WHO CAN PARTICIPATE/REGISTER FOR A PI FITNESS CLASS? 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 PARTICIPATING 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. Please thoroughly read the PI Exercise Waiver, sign and complete.

3. ATTENDANCE:

ILLNESS: WHAT IF I'M 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.

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.

Please note: If you miss 2 consecutive classes, your spot may be given to a participant on the waitlist.

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. Please stay in touch with our 311 Call Center for the most up to date information.

5. CLASS LIMIT POLICY (Fall 2022):

CAN I TAKE MORE THAN 1 CLASS PER WEEK? You can register for up to 2 classes however they cannot be back-to-back classes.

We greatly appreciate your cooperation and hope you enjoy the Project Independence Fitness Classes for the Town's PI members! Classes are subject to change. Please call 311 or (516) 869-6311 if you have further questions.