



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

Project Independence Exercise Classes on North Hempstead TV/NHTV



Schedule for October 5, 2020 – March 31, 2021*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
10:00 a.m.	Yoga (Mike)	Dance Fitness (Margaret)	Fitness (Mike)	Tai Chi (Joe)	Chair Yoga (Mike, Suzanne or Rebecca) 3 rd Friday of the month is Restorative-Yin (Rebecca)**	Repeat from Friday
1:00 p.m.	Fitness (Margaret)	Yoga (Suzanne)	Yoga (Rebecca)	Fitness (Margaret)	Tai Chi (Joe)	Repeat from Friday
6:00 p.m.***	PI- Exercise Class	PI- Exercise Class	PI- Exercise Class	PI- Exercise Class	PI-Exercise Class	PI-Exercise Class

Watch classes on your television at 10:00am/1:00pm every day on Channel 18 or Channel 63 on Optimum or Channel 46 on Verizon Fios.

View the schedule at <https://www.mynhtv.com/schedule>

You can find the exercise classes on demand at www.mynhtv.com/fitness

*This schedule is subject to change.

**Restorative-Yin is on the mat, using props: bolster, pillows, blocks, blanket, towel, etc.

***PI-Exercise classes will air at 6:00pm when the NHTV slot is open.

Please call 311 or 869-6311 for more information.

TUNE IN TO PROJECT INDEPENDENCE AND YOU -- ON WCWP – 88.1 FM RADIO or WCWP.org – EVERY FRIDAY BETWEEN 10 AM AND NOON...for great information, entertaining guests, and more!

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

