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FOR IMMEDIATE RELEASE

CONTACT: Stacie VanKirk, CRC/RPAC Manager, at 232-3901 ext. 103

STRETCHING FOR HEALTH CLASS SCHEDULE CHANGE
Class Now Thursday Evenings

The City of Pocatello's Community Recreation Center (CRC) is changing the schedule for its Stretching for Health class taught by Sherril Twitchell. The class will now be held Thursday evenings from 7:45 p.m. to 8:45 p.m.

The stretching class is Chi Kung, a form of Tai Chi, and it will teach how to stretch and strengthen muscles, tendons, and ligaments. The class also stimulates the immune system to maintain good health. This is a great class for a low impact way to stretch or for anyone looking for something new.

Classes are FREE to members of the CRC. Punch cards are available for purchase for those who are not members. Prices are \$30 for 10 punches or \$60 for 20 punches, or individuals can pay the daily fee of \$5.

For more information, contact the Community Recreation Center at 232-3901.

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