



**OFFICE OF THE MAYOR**

911 North 7th Avenue  
P. O. Box 4169  
Pocatello, Idaho 83205-4169

(208) 234-6163  
Fax: (208) 234-6297  
www.pocatello.us

**BRIAN C. BLAD**  
Mayor

**Pocatello City Council:**

ROGER BRAY  
STEVE BROWN  
CRAIG COOPER  
W. JAMES JOHNSTON  
GARY MOORE  
EVA JOHNSON NYE

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October 4, 2011

FOR IMMEDIATE RELEASE

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

**NEW CLASS AT COMMUNITY RECREATION CENTER**  
*Stretching for Health Available on Wednesdays*

The City of Pocatello's Community Recreation Center (CRC) is adding a new class to the fitness schedule beginning Wednesday, October 12, 2011. Stretching for Health taught by Sherril Twitchell will be held Wednesdays from 10:00 a.m. to 11:00 a.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 senior citizens or 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 \$5.00.

For more information, contact the CRC at 232-3901.

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