



Date: July 2, 2008

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Learn 2 Stretch

The Boulder City Parks and Recreation Department offers a "Learn 2 Stretch" class designed especially for those ages 55 and over and/or those who are physically challenged. This low-impact workout is based on individual abilities.

Classes are held every Monday, Wednesday and Friday from 8-9 a.m. at the Recreation Center gymnasium, 900 Arizona Street. There is a monthly fee of \$18 for an individual or \$28 for a couple.

Course Instructor Marcie Gibson is a certified personal trainer who will guide students through this class. Come enjoy visiting and exercising with others! Please register prior to class at the Recreation Center Monday through Thursday, 7 a.m. to 6 p.m. and Friday, 9 a.m. to Noon and 1 p.m. to 5 p.m.

For more information, contact the Recreation Department at 293-9256.

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