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Biz bits 04/15/08

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Shape Shifters is offering new Pilates classes for beginners designed to strengthen the core of participants and give practitioners a new sense of freedom in the body. Classes are every Tuesday and Thursday at 10:30 a.m., 5 p.m. and 7 p.m., and cost \$10 in advance and \$12 to drop in.

Shape Shifters is off of Highway 49 across from The Willow, at 10024 Newtown Road, Nevada City.

For more information, contact Terra Khemiri at 477-5550.

Five crew leaders with Sierra Insulation, a Grass Valley-based insulation contractor, completed training classes at Pacific Gas and Electric in Stockton.

The classes, taught by renowned instructor Rick Chitwood of Chitwood Energy

Management, addressed quality insulation installation and thermal bypass.

The crew leaders who completed the classes were Ryan Rodriguez, Greg Williams, Emilio Soto Santa Maria, Jesse Clevenger and Lynn Potter, according to Clark Gillis of Sierra Insulation.

Morrison Forensic announces the establishment of its forensic real estate consulting, investigation and legal support advising.

With an increase in commercial and residential real estate fraud, Morrison Forensic assists property buyers and sellers to assess their property sale or lease matters should they suspect foul play or are frustrated by a lack of answers.

Owner J.T. Macdonell, who has based his business in Truckee, estimates he has worked with over 1,000 brokers in over 30 states.

Read more about the company at www.MorrisonForensic.com or contact them at (530) 553-4055.