



WELCOME TO CHF

Whether you're devoted to exercise or just getting started, the Center for Health and Fitness offers everything you need to achieve your goals, all in one place, at affordable rates.

EXPERIENCE COMMUNITY

CHF has members of every age, body type and fitness level, so there's no intimidating atmosphere to deal with. You'll feel comfortable here in the friendly and professional environment.

STATE-OF-THE-ART FACILITY

CHF is a 12,000 square foot facility outfitted with everything from cardio and strength training equipment to group exercise and locker rooms. You'll find everything well-maintained and clean, with sanitizing wipes and towels available throughout the facility.

HASSLE-FREE EXPERIENCE

No negotiations, no annual commitment and no enrollment fees. At CHF you'll always find straight-forward pricing and friendly staff who make it easy to begin your path to wellness.

COUNTLESS CLASSES

You'll find a wide variety of classes at CHF. That means more group exercise, yoga and Pilates class options for you to choose from—more than 100 classes a week—to help you stay motivated and achieving your goals.

MORE CHOICES

At CHF, you won't receive anything less than the best. Choose from an array of programs and services including: childcare, weight management guidance, personal training, massage therapy and medically supervised programming.

AVAILABILITY

You'll almost never need to wait for a piece of equipment at CHF. That's because members visit throughout the day, not just at traditional peak times, so you can get your workout done in less time, with less frustration.



Center for
Health & Fitness

A Beach Cities Health District Program



**ARE YOU PREPARING TO UNDERGO
TOTAL JOINT REPLACEMENT SURGERY?**

LET US HELP YOU PREPARE!



LOCATION

514 N. Prospect Ave.,
2nd Floor
Redondo Beach, CA 90277

FITNESS CENTER HOURS

MON-THU, 5:30am-9pm
FRI, 5:30am-8pm
SAT-SUN, 7am-6pm

CLUBHOUSE

CHILDCARE HOURS
MON-FRI, 8am-1pm,
MON-THU 4-8pm
SAT-SUN, 8am-noon

CONTACT

For more information on
rates and class details, visit
beachcitiesgym.com or call
310.374.3426, x147.

beachcitiesgym.com

Prehab Exercise Program

In Partnership with Beach Cities Health District's Center for Health & Fitness (CHF) and Torrance Memorial Medical Center, this program is designed for Total Joint Replacement patients and is led by a Medical Exercise Specialist to guide participants through specific exercises to help the body recover post-surgery.

Prehab Benefits

In partnership with CHF and Torrance Memorial, the program can:

- Better prepare your mind, body and muscles for surgery
- Offer the best post-surgical outcome possible
- Enable a shorter hospital stay post-surgery
- Lead to a faster recovery post-surgery

For just \$37 per week, participants receive:

- A six-week program led by a medical exercise specialist
- Small classes (maximum 12 people)
- Free basic membership to CHF during the program
- Morning and evening classes available
- Two-hour sessions: one hour lecture and one hour exercise

**WEDNESDAYS FROM 11 AM – 1 P.M. OR
THURSDAYS 6 – 8 P.M.**

CHF accepts Silver Sneaker and Silver & Fit coverage **FREE** of charge.

This program has been endorsed by



Beach Cities Health District's Chief Medical Advisor, Dr. William Kim.

*Physician approval may be needed prior to beginning an exercise program.



In Partnership with Joint Commission Certified Torrance Memorial Medical Center.



Basic Membership benefits:

- One complimentary equipment orientation with certified personal trainer
- One complimentary yoga class
- One complimentary Mat Pilates class
- Free group exercise classes (exceptions apply)
- Towel service
- Locker room amenities
- Free parking
- Monthly 'unlimited' day
- Childcare services (additional fees)

About the Center for Health & Fitness

The Beach Cities Health District's Center for Health & Fitness (CHF) is the most comprehensive fitness center in the South Bay. Unlike most fitness centers, our programming is aligned with Medical Fitness Association (MFA) standards of excellence, with personal training staff who meet MFA professional certification requirements. CHF also offers Medical Exercise Specialists—the only fitness center in the beach cities to do so—who are trained and educated to work with member's doctors or physical therapists to ensure the highest quality, effective exercise program.

GET STARTED!



JULIE LUMBAO

CHF Programs Manager

B.S. in Kinesiology with an emphasis in Exercise Science

Certified PACE Instructor



MICHAEL PEACE

CHF Medical Exercise Specialist

BS in Kinesiology

Certified Personal Trainer

Julie Lumbao and Michael Peace oversee the Prehab program at CHF. For more information, contact Julie.Lumbao@bchd.org or **310-374-3426, ext. 174.**

SilverSneakers® & Silver & Fit

The SilverSneakers® and Silver & Fit wellness programs help older adults live healthy and active lifestyles. Your medical health plan may pay for basic membership. See the front desk to find out if you're eligible.

Balance Basics
Easy Goes It
SilverSneakers®
SilverSneakers® Cardio
Silver Stretch
Silver Strength & Stretch
Tai Chi

See website for current list of classes.

Services

To meet your needs and fitness goals, CHF offers a variety of services, including:

Personal Training
Small Group Training
Massage
Fitness Assessment
Foundation Series

Classes*

CHF offers more than 100+ classes weekly, including:

Yoga & Mat Pilates
Discounted 65+ Classes
Zumba™
Aerobics
Stretching
Barre Burn
Body Sculpt
Indoor Cycling
Circuit
Core Board
Turbo Treadmill

Visit beachcitiesgym.com for a full list of classes and pricing.

*All classes subject to change or cancellation without notice.