



Join By November 30!

Join as a basic member by November 30 and enjoy a **FREE** upgrade to unlimited membership until the end of the year (12/31/2021), including unlimited access to Pilates and yoga classes (Reformer Pilates not included).

FREE upgrade to unlimited membership during November-December 2021 is limited to the first 25 basic and unlimited members that join CHF between now and November 30, 2021. Limited quantity available. One per person. CHF reserves the right to add, remove or modify this promotion without prior notice. Must not have been a CHF member in the last 6 months. Other restrictions may apply.

Call 310-374-3426, ext. 147
to schedule a tour or join today!



514 N. Prospect Ave., 2nd Floor, Redondo Beach, CA 90277 • 310-374-3426, ext.147