



WELCOME TO CHF

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 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: 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.

CHF IS THE ONLY CERTIFIED MEDICAL FITNESS FACILITY IN CALIFORNIA

To achieve this certification from the Medical Fitness Association, CHF voluntarily completed a rigorous process to become one of a select group that is establishing a new standard of excellence in health, wellness and chronic disease management. As a Medical Fitness Facility, CHF is overseen by a board comprised of physicians and health care professionals and offers evidence-based exercise programming that meets medical industry standards.

Medically-based Exercise Programming:



- Pre-habilitation for knee and hip replacement surgeries
- Medical exercise training for diabetes and hypertension
- Medical exercise training for low back pain
- Medical exercise training for women's fitness and skeletal health
- Medical exercise training for arthritis and total joint replacement
- Cardiac Exercise Program
- WellBeing Weight Management 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-FRI, 6:30am-7:00pm
SAT-SUN, 7am-3pm

CONTACT
For more information on
rates and class details, visit
beachcitiesgym.com or call
310.374.3426, Option 3.

beachcitiesgym.com

Prehab Exercise Program

In Partnership with Beach Cities Health District’s Center for Health & Fitness (CHF) and Providence Little Company of Mary, 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 Providence Little Company of Mary, 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:

- An eight-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

Please visit beachcitiesgym.org/prehab for available 8-week sessions.

Participants must enroll at the beginning of a session.

CHF accepts SilverSneakers 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 Providence Little Company of Mary.



“The course content was really excellent. The physical therapist, occupational therapist and registered dietitian provided excellent information with regard to what to expect following total knee replacement surgery. They were all upbeat and encouraging. The workout designed for me by Mike and Chris was exactly what I needed to build upper body strength and endurance.”

KAREN SKAFF, PREHAB PROGRAM PARTICIPANT

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!

CHRIS BENTAJADO
Certified Medical Exercise Specialist
BS in Kinesiology
Certified Personal Trainer

BRIAN FUENTES
Certified Medical Exercise Specialist
BS in Kinesiology
Certified Personal Trainer

For more information, contact Julie.Lumbao@bchd.org or 310-374-3426, ext. 8174.

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
Zumba™
Aerobics
Stretching
Body Sculpt
Circuit
Core Board
Dance Fitness
Cycling
Boot Camp
Mindfulness
Mobility

*All classes subject to change or cancellation without notice.

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