



For Immediate Release

Beach Cities Health District Gives Community a Look at Plans for New Center for Health & Fitness Facility

Fitness Center Preparing to relocate to 510 N. Prospect Ave. in 2027

REDONDO BEACH, Calif. (Sept. 25, 2025) – Beach Cities Health District (BCHD) is inviting residents to a Community Design Preview Open House of its new Center for Health & Fitness (CHF) facility on Tuesday, Sept. 30 to showcase plans and get community input on the design.

The Community Design Preview Open House will take place from 11:30 a.m. to 1:30 p.m. at the Beach Cities Room, located on the lower level of 514 N. Prospect Ave. in Redondo Beach. The event will allow the public to view plans, ask questions, and share feedback with BCHD staff and architects from Struere.

The existing CHF, currently located on the 2nd floor of the 514 Prospect Avenue building – the former South Bay Hospital building – will move into the redesigned 510 Prospect space in 2027, coinciding with the vacation of the 514 Building.

“We are excited to keep CHF on our campus,” said BCHD CEO Tom Bakaly. “This new space will build on what makes CHF such a vital resource for the community, as a fitness center and a social hub.”

One of just two medical fitness facilities in California certified by the Medical Fitness Association (MFA), CHF offers cardio and strength training, group exercise, yoga, massage, nutrition programs, and Pilates. The fitness center also accepts insurance-based membership through plans like Silver Sneakers, Silver & Fit and others.

The relocation of CHF is another step in BCHD’s Healthy Living Campus master plan, which looks to replace the seismically challenged former hospital building. Following a Request for Expressions of Interest process this summer, the BCHD Board of Directors will review submissions from developers to re-imagine the old South Bay Hospital building and adjacent parking lots during a study session next month. A committee, comprised of community members, BCHD staff and Board Members, has been reviewing submissions and will present its findings to the Board on October 22.

About Beach Cities Health District

Beach Cities Health District (BCHD) is a healthcare district focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Established in 1955 as a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the lifespan. BCHD also operates AdventurePlex, a health and fitness facility where kids play their way to good health; the Center for Health & Fitness, a comprehensive fitness center that is the only Medical Fitness Association-certified facility in California; and allcove Beach Cities, a youth center for ages 12-25. BCHD was named the 2021



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