



Join as a Basic or Unlimited Member by May 31, 2022 and Receive Your Choice of Two of the Following Items!

- \$25 CHF credit voucher
- Back2Basics group workshop with a certified personal trainer
- 1 50-minute equipment orientation with a certified personal trainer
- 15-minute chair massage with our licensed massage therapist
- 1 55-minute yoga class with a certified yoga instructor
- 1 55-minute mat Pilates class with a certified yoga instructor

\$25 CHF credit voucher is limited to those who join as a basic or unlimited member between now-May 31, 2022. 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. Credit cannot be used for membership dues and must be used toward CHF Services: Personal Training, Small Group Training, Massage and Nutrition. \$25 CHF credit voucher must be used by November 30, 2022. Cannot be combined with any other offer.



Visit the CHF front desk, beachcitiesgym.org/interest-form or call 310-374-3426, Option 3 today!



514 N. Prospect Ave., 2nd Floor, Redondo Beach, CA 90277 • 310-374-3426, Option 3