

Do you have Arthritis or Total Joint Replacement?

# MEDICAL EXERCISE TRAINING

The Center for Health & Fitness (CHF) is a certified medical fitness facility and has trainers with certifications from the American College of Sports Medicine, National Academy of Sports Medicine and National Strength and Conditioning Association. 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 and physical therapists to ensure the highest quality, effective exercise program.



*This program has been endorsed by  
Beach Cities Health District's Chief  
Medical Advisor, Dr. William Kim.*



"The BCHD MET program for Arthritis and Total Joint Replacement was very informative and enjoyable. The trainers were engaging and very conscientious of ensuring that we were performing the exercises properly depending on our individual capabilities. I highly recommend this program."

**GARY GONSER**

Arthritis and Total Joint Replacement participant

## You'll receive:

- 6 one-hour educational lectures led by a medical exercise specialist
- 6 one-hour small group training sessions led by a medical exercise specialist
- Program booklet with PowerPoint slides, handouts and exercise guidelines
- Access to 100 + group exercise, mat Pilates and yoga classes
- Access to cardio and strength training machines
- Lecture from CHF's Registered Dietitian

**Cost:**  
\$222

**When & Where:**  
Tuesdays & Thursdays  
11 – 11:55 a.m.

**Training Sessions:**  
Starts May 31

\*Capacity is 12 participants per session

Call 310-374-3426,  
option 3 or visit  
[beachcitiesgym.com/  
medicalexercisetraing](http://beachcitiesgym.com/medicalexercisetraing)  
to sign-up!

