

A Celebration of Health and Well-Being!



Center for Health & Fitness OPEN HOUSE

You're invited to our **Annual CHF Community Open House**. Come explore CHF, meet our instructors, and enjoy a lineup of complimentary wellness experiences—from movement classes to mindfulness, nutrition, and chair massage (limited availability). **This event is open to the public**, so feel free to bring friends, family, and neighbors!

**Saturday,
January 10
9 a.m. – 1 p.m.**

514 N. Prospect Ave., 2nd Floor
Redondo Beach, 90277

SCHEDULE

9:00 AM | Nutrition Booth + Samples (Michelle)

Quick tips + healthy bites to try.

9:30 AM | Dance Fitness (Bobbi)

Fun, upbeat cardio—no experience needed.

10:00 AM | Intro to Mindfulness (Timilie)

Simple tools to reset, refocus, and reduce stress.

10:30 AM | Intro to Small Group Training (Meredith)

Learn how SGT works and what to expect.

11:00 AM | Yoga in Chairs (Cheryl)

Gentle movement + stretching with chair support.



A Beach Cities Health District Program



beachcitiesgym.com