



Center for Health & Fitness
Member Working Group - Summary Report
Meeting #2
September 10, 2024

Table of Contents

1 INTRODUCTION.....	1
1.1 Purpose of Member Working Group (MWG).....	1
2 MWG MEETING NO. 2 – September 10, 2024.....	1
2.1 Overview.....	1
2.2 Summary of Participation	2
2.3 Summary of Feedback	3

APPENDIX A: POWERPOINT PRESENTATION

1. Introduction

Beach Cities Health District (BCHD) has developed a Member Working Group (MWG) to engage local participants in planning for the relocation of its Center for Health & Fitness (CHF). The MWG is an informal, voluntary group of CHF members who represent a broad range of interests and ideas focused on the center's continued success as a fitness and preventive health resource for the community, and participation is by invitation and recommendation from the BCHD board and staff.

This report summarizes recent MWG activities and feedback received at the second MWG meeting.

1.1 Purpose of Member Working Group

Community Working Groups such as this provide a forum for integrating member input. MWG participants represent the interest of various areas of the CHF membership and serve as an ambassador of these interests. Working Groups such as this are limited in scope to the planning the relocation of CHF, are not a formal voting body and are organized to enhance input into the planning process.

2. MWG MEETING NO. 2 – September 10, 2024

2.1 Overview

The second MWG meeting for the CHF convened in the Café at 514 N. Prospect in Redondo Beach. The attendee list, made up of involved CHF members from the three Beach Cities communities, was developed by staff.

Nine members attended this meeting, and three members were unable to attend. The format provided opportunities for participants to actively engage in meaningful discussion and share valuable information, insights and feedback with the staff and project team members.

The meeting, led by Cristan Mueller, Chief Health Operations & Communications Officer for BCHD, opened with reintroductions of MWG members, a review of their roles and responsibilities, and an overview of the agenda presented through PowerPoint. The agenda included MWG feedback, the CHF budget, BCHD's relocation commitment, relocation options, and a Q&A session.

Tom Bakaly, CEO of BCHD, addressed the group's questions, alleviating concerns about closure and emphasizing the importance of collaboration between the MWG and BCHD. He provided an update on the physical condition of the 514 Building, outlining plans for its future demolition and how it aligns with BCHD's broader HLC project. Additionally, Bakaly shared insights into the District's financial situation, expressed a commitment to maintaining operations at CHF, and assured the group that the relocation will aim to minimize any disruption for members.

Also in attendance were Dan Smith, Director of Communications; Cindy Foster, Health & Fitness General Manager; and Bernadette Johnson, Member Services Manager.

Cristan initiated a feedback session following the CHF Member Informational Meeting held on August

27, 2024. The MWG members agreed that the meeting was highly informative and effectively addressed several misconceptions. The discussion primarily focused on improving communication channels and determining the most efficient methods to disseminate important information to the CHF membership base, ensuring clarity and transparency moving forward.

Cristan described CHF as an inclusive fitness center serving residents of all ages and fitness levels in the Beach Cities, while highlighting its evolution into a thriving facility for a more mature population. Tom reaffirmed BCHD's commitment to the CHF relocation, highlighting that the Board of Directors has allocated \$1 million in capital funds for the planned move in late 2026 as part of the Healthy Living Campus initiative. He also indicated that additional funding may be designated to further support the relocation efforts.

Cristan then led a discussion on potential relocation options, presenting offsite commercial space, the BCHD campus, and AdventurePlex as possibilities, while outlining the respective pros and challenges of each option. A tentative timeline for the relocation was shared, outlining key milestones and projected dates to ensure a smooth transition.

The meeting concluded with a group Question and Answer session, followed by a discussion of the next steps for the group to move forward with the project.

The feedback is summarized below in Section 2.2, Summary of Participation. Throughout the meeting, MWG members were encouraged to contribute feedback.

2.2 Summary of Participation

MWG Participants

Name	City of Residence	Attended
Joni Ackerman	Redondo Beach	Yes
Elias Altenes	Torrance	Yes
John Bunn	Torrance	No
Carol Cutting	Manhattan Beach	No
Georgette Gantner	Redondo Beach	Yes
Dennis Heck	Redondo Beach	Yes
Nikki Hoffman	Redondo Beach	Yes
Fred Lukin	Redondo Beach	Yes
Carol Newton	Redondo Beach	Yes
Dennis McLean	Redondo Beach	Yes
Laurie McLean	Redondo Beach	Yes
Chantal Saltzman	Redondo Beach	No
Ron Werner	Manhattan Beach	No

2.3 Summary of Feedback:

Feedback was solicited during the discussion portion of the meeting, and input from the Member Working Group is summarized below.

Misinformation

- It was clarified that the assumption that the 514 building cannot be demolished if the bond does not pass is incorrect. Regardless of the bond's outcome, both the demolition of the 514 building and the relocation will still proceed as planned.

Status of CHF

- CHF has more than 3,000 members, with 77% of them “Silver” members, paid by the individual’s health insurance.

Comments from the MWG

- Would like to see a bigger fitness center footprint with the new location.
- Concerns about accessing CHF via stairs in the 510 building

Considerations

- Provide a fact sheet for distribution to quell misinformation.
- Host more public meetings to address progress
- Share District Budget in detail with MWG members
- Provide a Project Management outline with more specific timelines for the MWG
- Provide a list of activities CHF offers to MWG members
- Share structural studies of 510 building at next meeting

Questions and Other Discussion

- Questions about the 514 building demolition
- Explain what part CHF plays in the Healthy Living Campus?
- Next meeting Tuesday, October 15, noon – 1 p.m.



**Center for Health & Fitness Relocation
Member Working Group**

Meeting #2
September 10, 2024

Why We're Here

Beach Cities Health District (BCHD) is planning to upgrade its 11-acre campus into a Healthy Living Campus, including the relocation of the Center for Health & Fitness (CHF)

The Member Working Group (MWG) serves as a key resource to BCHD staff and the Board of Directors throughout the planning process and disseminate information about the relocation

Meeting Agenda

MWG Feedback

CHF Budget

BCHD's Relocation Commitment

Relocation Options

Questions & Answers



Member Working Group: Roles & Responsibilities

- Work within the established guiding principles of Healthy Living Campus and future of CHF
- Provide input on:
 - Best methods to reach and engage respective constituencies
 - Perceptions and feedback received from broader constituencies/ members
- Consider the interests of members
- Participate in open communications
- Help move the planning process forward in the spirit of cooperation
- Regularly participate in Member Working Group meetings (August – December 2024, meeting monthly, unless project dictates more frequent meetings)
- Understand the role of BCHD as a public organization and its regulatory obligations



MWG Feedback

Member Information Meeting
August 27, ,2024



Center for Health & Fitness

The fitness center has operated as a program to foster a welcoming and friendly environment for individuals of all ages and fitness levels, while ensuring access to residents.

Silver Tsunami

Many gyms have dropped Silver Memberships

Membership Mix:

Basic Membership 2018: 1,257

Basic Membership 2024: 411

Silvers Membership 2018: 711

Silvers Membership: 2024: 2,727



Relocation Commitment

The BCHD Board of Directors directed \$1 Million in capital funds toward the anticipated relocation of CHF in late 2026 as part of the Healthy Living Campus plan.

Physical Health remains one of BCHD's health priorities.

Future Funding

Potential designation of future funding.



Relocation Options

Offsite

- Gold's Gym
- Alternative Commercial Space

BCHD Campus

- 510 N. Prospect Ave. Building

AdventurePlex

- BCHD-owned building and operations



Relocation Options

Offsite

- Gold's Gym
- Alternative Commercial Space

PROS

- Potential larger spaces available

CHALLENGES

- Rent
- Moves off campus
- In 2021 estimated renovated costs at the old Gold's Gym was \$3.8M



Relocation Options

BCHD Campus

- 510 N. Prospect Ave. Building

PROS

- 510 Building space available
- Stays on campus

CHALLENGES

- Rent through 2030
- Similar or smaller square footage



Relocation Options

AdventurePlex

- BCHD-owned building and operations

PROS

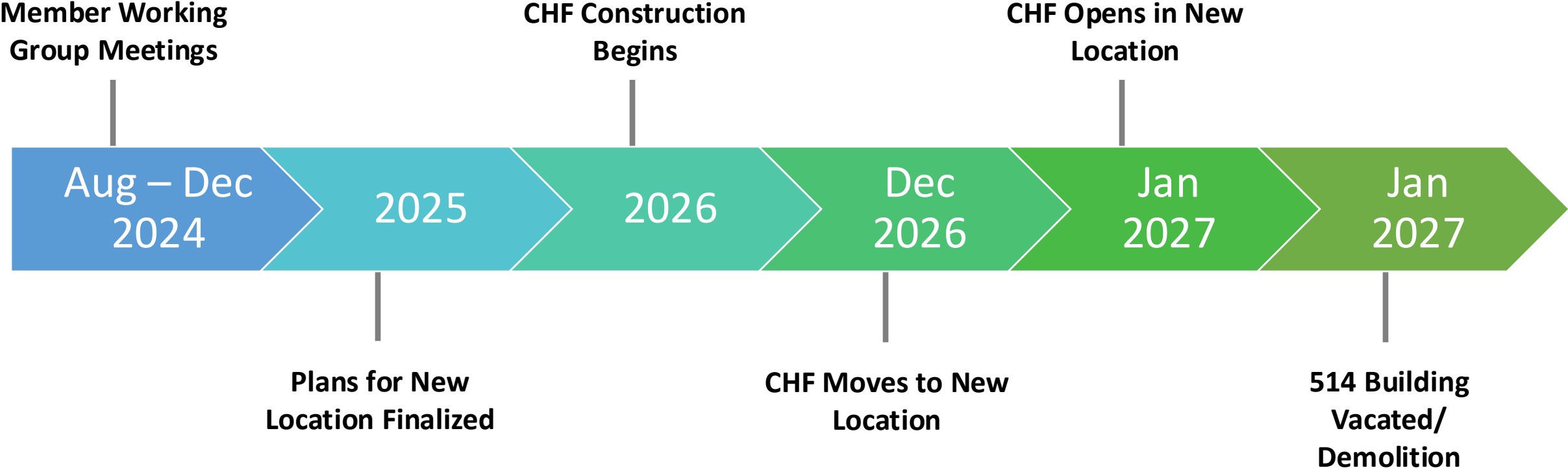
- No rent
- Potential larger space

CHALLENGES

- Disruption/Elimination of AdventurePlex services
- Moves offsite
- Parking



Timeline





Questions & Answers



A group of people, including a young girl in a pink tank top, a woman in a blue shirt, and an older woman with grey curly hair in a pink tank top, are practicing yoga in a park. They are sitting on mats, with their hands in a mudra position. The background is a lush green park with trees and grass. A semi-transparent blue box is overlaid on the right side of the image, containing the text.

Welcome to
Beach Cities Health District's
New Campus



The Healthy Living Campus: A new community space for health, well-being and healthy living in the Beach Cities



Master Plan Phase 1



Phase 1

- BCHD Programs & Services
 - **allcove Youth Wellness Center**
 - Care Management
 - Information & Referrals
 - Residential Care for the Elderly
- Program of All-Inclusive Care for the Elderly
- Active Open Green Space
- Parking

Phase 2

- Community Wellness Pavilion
- Aquatics
- Center for Health & Fitness
- Parking

Fewer Units: Reducing RCFE units from 420 to 217

Smaller Building Sizes: 426,000 sf to 253,700 sf

Less Construction Time: From nine to five years in two phases (instead of three phases)

allcove Beach Cities youth wellness center project



Current Campus

520 Building
Ground Lease Expires 2064

510 Building
Ground Lease Expires 2030





Center for Health & Fitness
BCHD
A Public Agency
A Beach Cities Health District Program