



A Beach Cities Health District Program

Center for Health & Fitness Relocation Member Working Group

District Funding Sources

FY24-25 Budgeted Revenues

26% | (\$4.2m)

Other (Grants,
User Fees,
Interest, etc.)



42% | (\$6.7m)

Leases &
Public-Private
Partnerships

32% | (\$5.2m)

Property Tax

Total Revenue: \$16.1m

BCHD Programs, Services & Facilities

YOUTH

LiveWell Kids Nutrition
School Gardens
allcove Beach Cities
Beach Cities Partnership for Youth
Youth Advisory Council
Parent Education and Engagement
Health & Wellness Programs at Schools
Social Emotional Wellness at Schools

VOLUNTEER PROGRAMS

Garden Angels
LiveWell Kids Parent Docents
Conversation Companions
Errand Volunteers
Campus Greeters
Professional & Administrative
Event Volunteers
Internship Program
Beach Cities Volunteer Day

ADULTS / ADULTS 65+

Care Management
Aging and Disability Services
Health & Wellness Education
Cognitive Health
Support Groups
Health Insurance Navigation
Information & Referrals
Holiday Gift Bags
Social Work Internship Program
Health Promotion
Blue Zones Project
Restaurants and Grocery Stores
Moais
Built Environment
Community Policy
Public Health Response
Mental Health & Happiness
Free Fitness Programs
WorkWell

FACILITIES

allcove Beach Cities

Mental Health
Physical Health
Substance Use Prevention
Peer Support
Family Support
Supported Education and
Employment

AdventurePlex

Membership and Drop-In Play
Camps
Parties & Drop-off Programs
Outdoor Programs

Center for Health & Fitness

Membership & Group Exercise
Personal Training
Pilates
Yoga
Fee-Based Services (Nutrition, etc.)

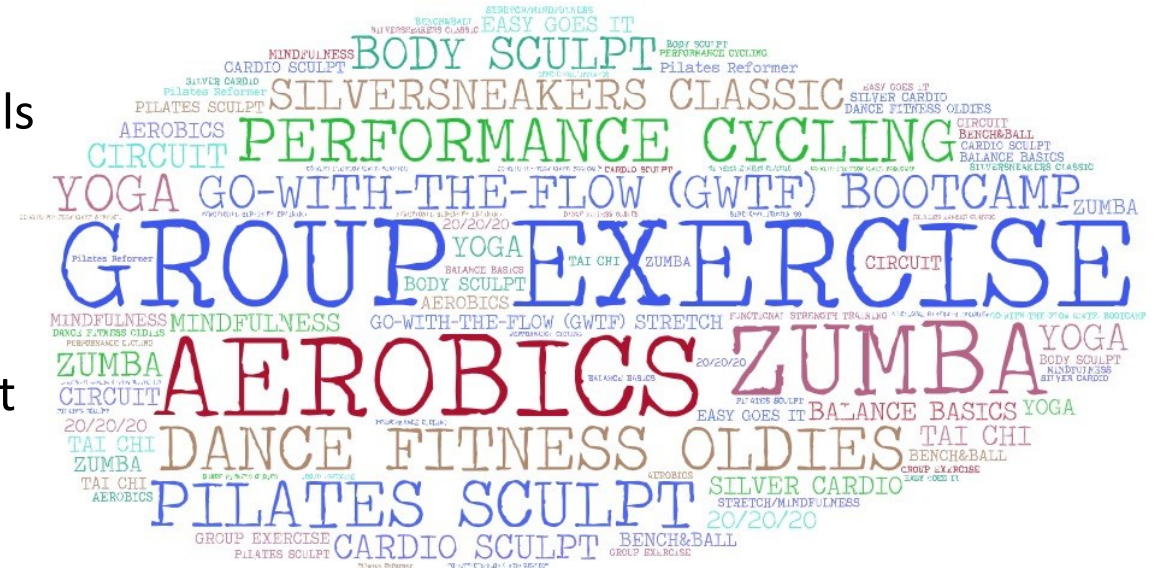
Center for Health & Fitness Programs and Services

- Group Exercise
- Pilates (mat, reformer, private)
- Yoga
- Personal Training
- Small Group Training
- Medical Exercise Training
- Weight Management
- Massage



Group Exercise, Pilates & Yoga Classes

- 22+ Class Offerings – catering to a variety of fitness levels and preferences
- 50 classes included with membership each week – providing flexibility and accessibility
- Over 5,000 class attendees monthly – fostering a vibrant and active community
- Top Three Most Popular classes
 - Body Sculpt
 - Boot Camp
 - Silver Circuit & Silver Classic
- The September 2024 Group Exercise Survey revealed that 48% of participants are willing to pay for specialty classes such as Yoga, Pilates, Stretch, Mindfulness, Tai Chi, Balance, Functional Training, and Performance Cycling.



CHF also offers 10 free classes across the community each week at the local community centers in Redondo Beach, Hermosa Beach, and Manhattan Beach.

Personal Training | Small Group Training | MET

- CHF welcomes over 11,000 gym visits every month.
- CHF Trainers render 500+ training sessions per month
- Small Group Training sessions service 6-8 members at a time and meet 2 to 3x per week
- Trainers track progress and outcomes for clients



Medical Exercise Training (MET)

A fee-based program for those with a chronic condition who seek guidance from a medical exercise specialist.

Programs offered include:

- Osteoporosis
- Cancer Care
- Low Back Pain
- Arthritis & Total Joint Replacement
- Hypertension & Diabetes

Could be a group activity where we brainstorm in-reach and outreach ideas to increase participation



Center for Health & Fitness Low Back Pain



Brian Fuentes
MES, CPT

Benefits of Fitness for Low Back Pain

- Strengthen Core Muscles
- Improved Flexibility
- Enhanced Posture
- Reduced Pain and Inflammation
- Increased Mobility
- Prevention of Future Injuries

The Center for Health & Fitness (CHF), part of the Beach Cities Health District, offers a specialized eight-week Medical Exercise Training (MET) program tailored for individuals dealing with low back pain. This program focuses on managing a variety of spinal conditions through a combination of education and targeted exercises. Whether you're new to fitness or looking to address specific health concerns, MET provides personalized solutions to help you manage your condition and improve your overall well-being. Take the first step toward a healthier back—contact us today to learn how we can support your wellness journey.

Schedule: Wednesdays & Fridays, 1:00 - 1:55 pm

Cost: \$384

Cycle: 8-week sessions

Start Date: September 11th (can join at any time)



For more information contact **Bernadette Lewis**, Membership Services Manager, at (310) 374-3426, Press Option #7 and Dial #8148 for direct assistance

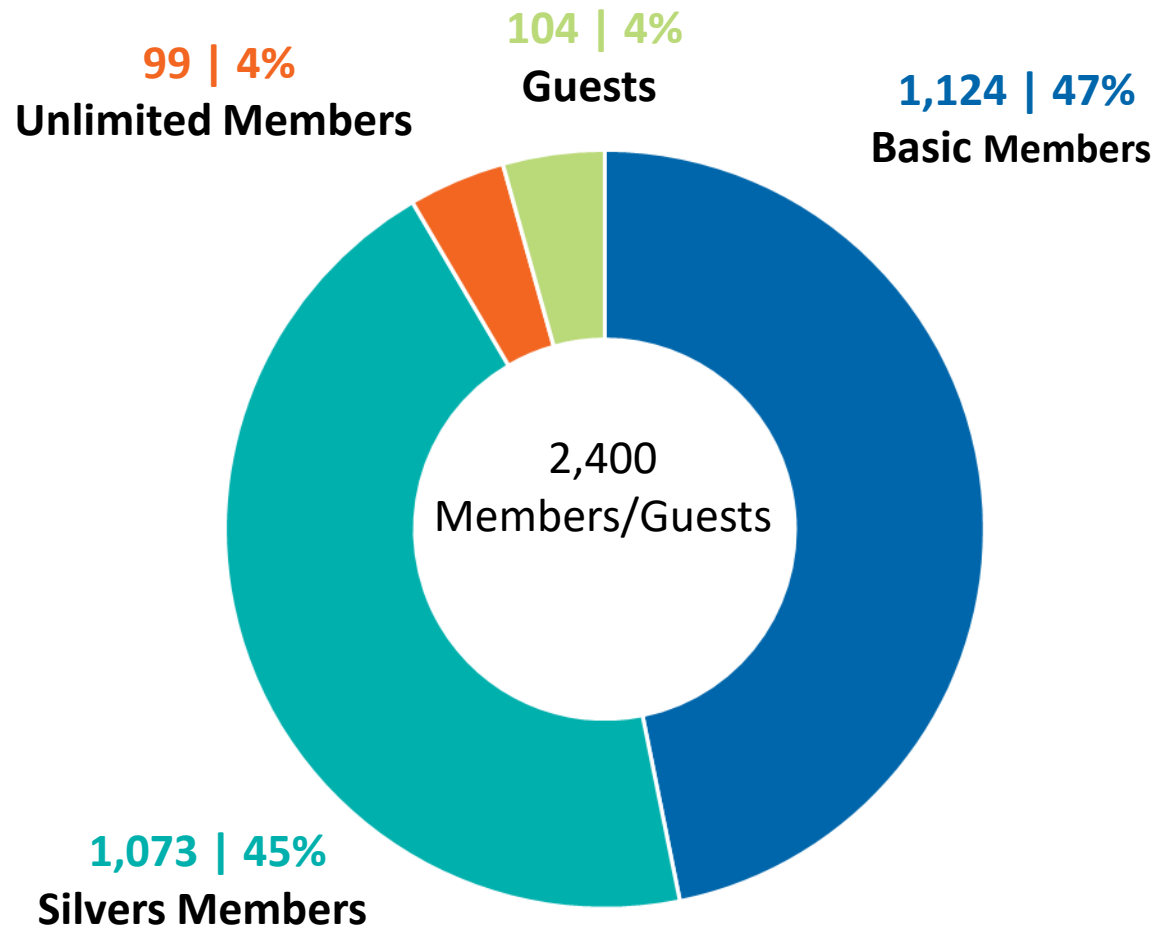


Relocation Class & Program Goals: Sustaining Long-Term Operational Growth

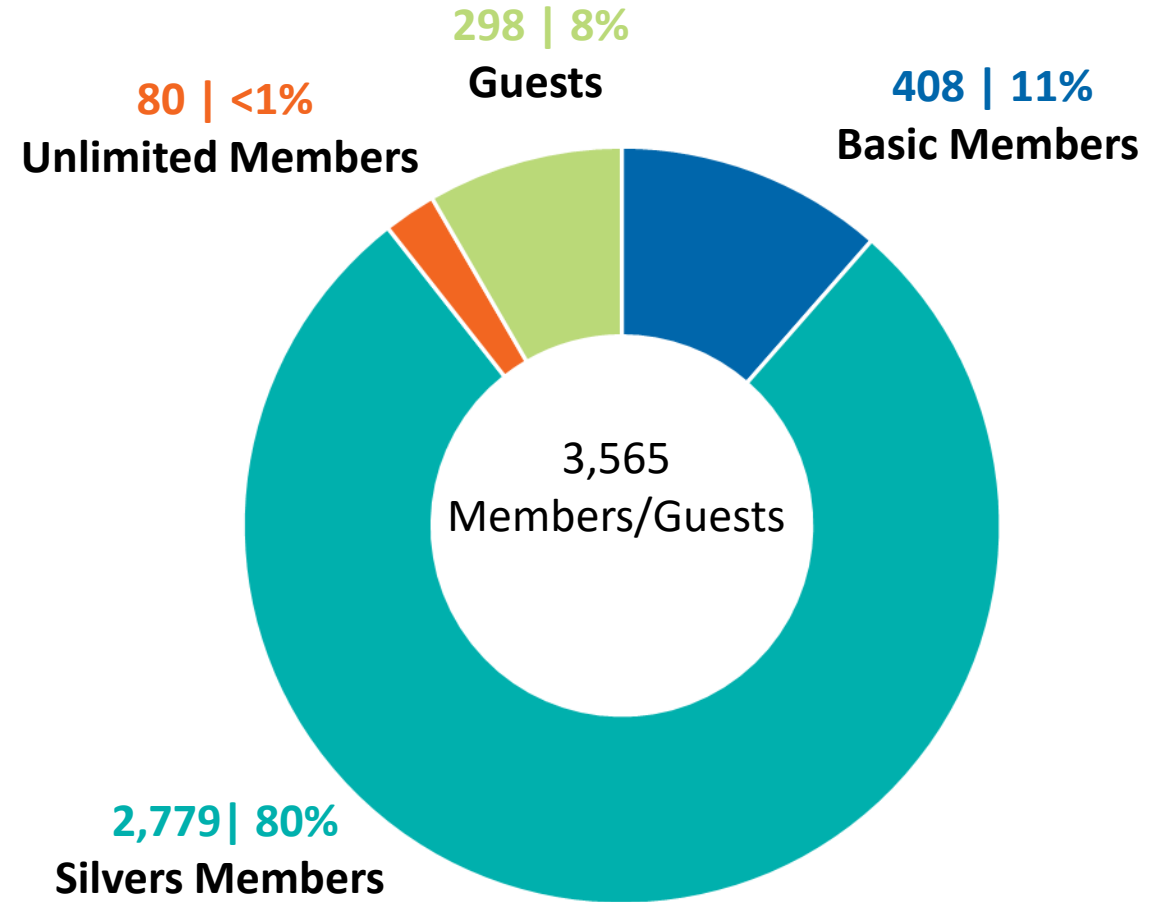
- Assessing Offerings
- Introduction of Fee-Based Specialty Classes
- Exploring Additional Revenue Streams



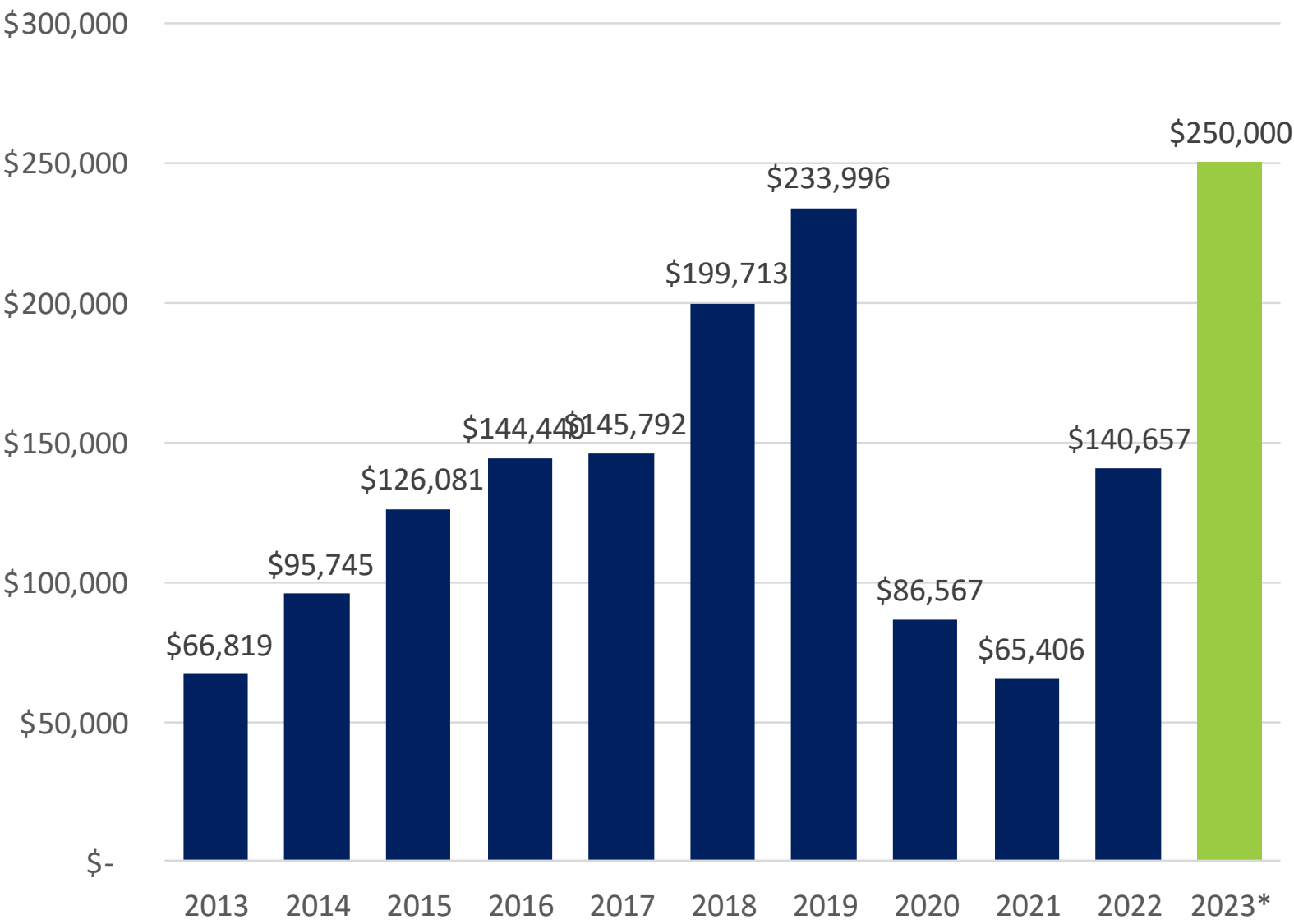
2019 Membership



2024 Current Membership



Silver Revenue



Silver Member types:

- Silver Sneakers
- Silver & Fit
- Renew Active

- Silver Members pay no fees
- CHF is reimbursed by their insurance

***2023 Revenue \$250K**



A Public Agency

Center for
Health & Fitness

A Beach Cities Health District Program