



***For Immediate Release***

**Beach Cities Health District Announces Dates for Summer Free Fitness Series**

*Outdoor Yoga & Zumba events are free for the public as part of a 12-week summer health program*

**BCHD Summer Free Fitness Series Dates:**

- Mindful Yoga on Hermosa Beach: June 2, 9, 23, 30 (*no event on June 16*)
- Mindful Yoga on Manhattan Beach: July 7, 14, 21, 28
- Zumba in the Park at Redondo Beach's Alta Vista Park: August 4, 11, 18, 25

REDONDO BEACH, Calif. (May 5, 2025) – Beach Cities Health District (BCHD), in partnership with the cities of Hermosa Beach, Manhattan Beach and Redondo Beach, has announced dates for its 12-week Summer Free Fitness Series, which will kick off Monday, June 2 in Hermosa Beach.

The sessions are on Mondays from 6:30 to 7:30 p.m., starting with Mindful Yoga on the Beach in Hermosa Beach, south of the pier (adjacent to Scotty's) June 2, 9, 23 & 30 (note: the series is dark June 16). In July, the BCHD team moves up the coast for events just south of the Manhattan Beach Pier July 7, 14, 21 & 28. Finally, the Free Fitness events move to Redondo Beach in August, with Zumba in the Park on Julia Field at Alta Vista Park August 4, 11, 18 & 25. Instructors from BCHD's Center for Health & Fitness will lead all Free Fitness sessions.

"Our Free Fitness Series gives residents the benefits of group exercise in a relaxed, fun setting," says BCHD CEO Tom Bakaly. "The workouts are very popular and are designed so everyone can participate, regardless of age or ability level. It's a healthy, affordable way to get out with your friends and family."

While there is no cost to participate, registration is required, either online or at the event. To learn more about the BCHD Summer Free Fitness Series, please visit [bchd.org/freefitness](https://bchd.org/freefitness) or call (310) 374-3426.

**About Beach Cities Health District**

Beach Cities Health District (BCHD) is a healthcare district focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Established in 1955 as a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the lifespan. BCHD also operates AdventurePlex, a health and fitness facility where kids play their way to good health; the Center for Health & Fitness, a comprehensive fitness center that is the only Medical Fitness Association-certified facility in California; and allcove Beach Cities, a youth center for ages 12-25. BCHD was named the 2021 "Special District of the Year" by the Association of California Healthcare Districts. Visit [www.bchd.org](https://www.bchd.org) or call (310) 374-3426 for more information.

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