

Free Basic Membership for City of Redondo Beach Employees

*All City of Redondo Beach full time employees who have completed the Redondo Recess biometric screen are eligible for FREE basic membership at Beach Cities Health District's Center for Health & Fitness (CHF) and AdventurePlex facilities. **Sign-ups for membership begin Nov. 1, 2018 and membership will be effective through Sept. 30, 2019. See your Redondo Recess Committee Representative for more information.**



A Beach Cities Health District Program

- Access to treadmills, elliptical machines, stationary bikes, free weights, upright/recumbent steppers, weight machines and more
- Free group exercise classes (exceptions apply)
- Complimentary small group equipment orientation
- Complimentary yoga class
- Complimentary Mat Pilates class
- Towel service
- Use of locker rooms
- Free parking
- Monthly 'unlimited' days: enjoy complimentary access to yoga and mat Pilates classes at no additional charge the last day of the month
- Access to the facilities during operating hours EXCEPT from 9-11 a.m. on weekdays

514 N. Prospect Ave., 2nd floor
Redondo Beach, CA
310-374-2426, ext. 147



A Beach Cities Health District Program

- Unlimited play in Toddler Town (ages 0-5) and the 5-Level Play Structure
- Exclusive member play hours
- Access to AdventurePlex activities for FREE
- Quarterly gifts

1701 Marine Avenue
Manhattan Beach, CA
310-546-7708

Visit the facilities to sign-up!

*This offer supersedes all other forms of complimentary membership at CHF or AdventurePlex. Effective Jan. 1, 2019, complimentary membership to CHF and AdventurePlex will be limited to individuals who are actively participating in Redondo Recess.

