



*A Public Agency*

*Beach Cities*  
**Health District**

# Healthy Living Campus

Center for Health & Fitness Pop-Up Summary Report

August 29, 2017



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## **1 INTRODUCTION**

Beach Cities Health District (BCHD) held an information meeting to inform and engage Center for Health and Fitness (CHF) members in planning for a proposed new CHF facility as part of the Healthy Living Campus (HLC).

This report summarizes the meeting and feedback received.

### **1.1 Purpose of Community Working Groups (CWG)**

The purpose of this meeting was to provide information to existing CHF members about preliminary plans for a new proposed facility and to gather written input about the features most important to members.

## **2 CHF POP-UP MEETING – AUGUST 29, 2017**

### **2.1 Overview**

The CHF Pop-Up Meeting convened in the Beach Cities Room at 514 N. Prospect in Redondo Beach.

Approximately fifty (50) people attended this meeting (Appendix A). The meeting was facilitated by Valerie Martinez of VMA Communications and included a PowerPoint Presentation (Appendix B). Valerie led the presentation, which began with an explanation of the meeting's purpose and an introduction to Tom Bakaly, BCHD Chief Executive Officer.

Tom thanked attendees, explained we are very early in the planning process and provided a brief history of how the project came to be. The project staff was introduced to attendees, and Valerie reviewed the meeting agenda.

In the first part of the presentation, Valerie provided an overview of the HLC, explaining the purpose and need in the Beach Cities for older adult housing that provides a continuum of care. She reviewed the actions BCHD has taken so far to garner a diverse cross-section of community input for Beach Cities residents, how the input has been incorporated into plan refinements and what BCHD plans to do moving forward to continue involving the community.

Leslie Dickey, Executive Director of Real Estate, then presented the preliminary plans for the Healthy Living Campus and described how the Community Working Group suggested having the Center for Health and Fitness (CHF) on the ground floor of the proposed parking structure on the currently-vacant lot at Beryl and Flagler. Jackie Berling, Chief Wellness Officer, then presented the guiding principles for the proposed CHF, expressed BCHD's commitment to maintaining CHF's unique culture, explained the current effort to obtain medical certification and provided a comparison between the features in the current and the existing CHF facilities. Next, Leslie presented concept drawings of the CHF exterior, floor-plan and proposed plaza-level entrance. He also provided an approximation of the project schedule and the next steps BCHD is taking to advance the HLC planning effort.

Valerie concluded the presentation by encouraging attendees to submit written comments. She then opened the Q & A session.

### **2.2 Summary of Participation**

Meeting invitations and a personalized letter from CEO Tom Bakaly were emailed to all CHF members on August 1, 2017 (Appendix C.1). Meeting invites were also made available at the CHF (Appendix C.2) and a meeting notice appeared on the Easy Reader online calendar at <https://www.easyreadernews.com/south-bay-community-calendar-8-24-17/>.

The city of residence provided by attendees was as follows:

Redondo Beach: **22**

Torrance: **20**

Manhattan Beach: **4**

Hermosa Beach: **3**

### 2.3 Summary of Feedback

This meeting was designed primarily to provide information about the Healthy Living Campus project and in particular, the proposed Center for Health and Fitness. Feedback was solicited during the Q & A session at the conclusion of the meeting and via written comment cards that were provided to each attendee. Responses to verbal questions are summarized below in italics.

#### Q & A Session:

- If parking is pushed to the perimeter, how will injured and handicapped individuals get from parking to the buildings?
  - *There will be handicapped/disabled parking available in close proximity to buildings on campus, which will all be built to be fully ADA compliant. In addition, we are looking at providing some shuttle options – electric golf carts, wheelchairs, etc. – on campus for those who need assistance getting from point A to B.*
- The vacant lot at Beryl and Flagler once contained oil wells. Will you be getting a certification that the soil is not contaminated?
  - *The Environmental Impact Report (EIR) will study and analyze the soil quality, and we will ensure that it is safe for building. We will develop the lot contingent on certification.*
- There is currently insufficient parking for the apartments across the street. Can you implement parking access features to ensure the parking structure does not become additional parking for the residents of the apartments?
  - *The parking is intended for CHF members and other visitors to the campus. There are ways to control parking, and we will be utilizing them.*
- What is the timeline for construction?
  - *There are many unknowns in the project schedule, so all times provided are estimates and approximations. We hope to obtain approval from the BCHD board in September to proceed with initiating the EIR process with the City of Redondo Beach. If we obtain approval, the City will go through the process of selecting the firm who will administer the EIR. Once the EIR begins, the required studies and analysis might take approximately a year. After the EIR, there will be about another year or so for the detailed design and plan check. Once those processes are complete, we can begin construction, which may take approximately 18 months. It is likely at least 3.5 years until the new CHF would be completed.*
- It's hard to get anything built in this city. Do you anticipate you will face difficulties being able to go through with the project?
  - *We are communicating early and trying to incorporate feedback in the project's initial phases to hopefully address concerns that would lead to efforts to block the project. While we can't guarantee there will be no lawsuits, we are diligently working to be proactive in our communication. Also, we are aware that we are a public entity whose board answers to the public, so the public's input is especially critical as we move forward.*
- How is the project being funded?
  - *We have a few options available, but it is early in the process to make a decision. Some options include utilizing the reserves and funding the project through our business enterprises. Only about 27% of our funding comes from taxes, and we have a successful track record of providing programs and services that are funded through our revenue-generating partnerships, lease agreements, fees and other business enterprises. We anticipate being able to fund this project through this successful, unique model.*
- Who owns the lot at Beryl and Flagler?
  - *Beach Cities Health District owns the lot at Flagler and Beryl.*
- I live across Beryl from the proposed site of the new CHF. I am concerned about lights, noise and pollution.
  - *These are impacts that will be studied as part of the EIR, and we will consider this input as we proceed with design.*
- There are many health benefits of walking, and I'd like to suggest a walking track around the perimeter of the entire campus.

**WRITTEN COMMENTS SUBMITTED:**

The project team provided attendees with comment cards listing specific gym features and also a space to write-in additional features and comments. A comment card was placed on each chair in the meeting room and additional comment cards were placed in the back of the room. Attendees were encouraged during the meeting to complete a comment card and were reminded at the end of the meeting to submit their completed comment cards. Thirty-seven (37) comment cards were submitted (Appendix D). The specific features marked as important by attendees are listed below:

- Designated stretching area- 20
- Large rooms adaptable to various uses- 18
- Larger free weights area- 12
- Small group training rooms- 11
- Café/smoothies- 10
- Separate spin/cycle room- 8
- Designated socialization area- 8
- Massage rooms- 7
- A larger reformer Pilates room- 5
- More designated assessment areas- 1

The following features were written in the blank spaces provided for "other" features:

- Pool- 7
- Lap Pool- 2
- Yoga Room- 2
- Walking Track- 2
- Large Aerobics room- 1
- Year-round outdoor Zumba- 1
- iPads to track workouts & Progress- 1
- Tai Chi- 1
- Child Care- 1
- Climbing Rope- 1
- Tall ceiling and strong wall for wall exercises- 1
- Stairwell to the gym- 1
- Call booths-1

The written input is summarized below:

**Support:**

- Support the project (7)
- Support addition of pool (4)
- Good meeting/presentation (3)

**Parking:**

- Prevent nearby residents from parking in structure (3)
- No access to parking lot from Beryl
- More parking is needed
- More disabled parking is needed
- Safe parking
- Wide spaces

**Input from Neighbors:**

- Inform Torrance of plans
- Concerned about increased traffic through neighborhood east of Flagler
- Do not include access to parking from Beryl
- Ensure lot does not release toxic fumes from oil wells previously on property

**Facility Features: General:**

- Build for flexibility so spaces can be adapted for different uses in the future (3)
- Bigger locker rooms (3)
- No carpeting (2)
- Wi-Fi (2)
- Zoned HVAC to have different temperatures in general fitness area vs. fitness rooms
- Two elevators in addition to stairs
- Solar panels
- Reclamation of storm water
- Do not have large windows that people can see into from outside the facility
- Improved audio system for instructors
- Phone booths for people to take cell phone calls

The written input is summarized below:

**Facility Features: Fitness Related**

- Sauna (2)
- Bigger yoga space
- Keep cardio & weights separate
- Open spin cycle area
- Include specialized rooms for physical therapy
- Reformer Pilates room for no more than 8

**Equipment Suggestions:**

- Equipment throughout needs to be upgraded
- Ellipticals that run in reverse
- Water treadmills
- More exercise balls
- Better stretching mats
- Reclining leg press
- Butt blaster

**Programming Suggestions:**

- Yoga at various complexity levels
- Coordinate with local fitness groups (South Bay Wheelmen, Club Ed Running, etc.)
- Contract with high school for water aerobics classes
- Consider gerontologist on staff (not MD)

**Membership and Pricing:**

- Maintain current pricing
- Offer more free classes
- Offer discounts for nearby residents (within 6 blocks)
- Provide guest/visitor passes for members to bring family who come from out of town

After the meeting, one attendee submitted an online comment, which is included below

"I enjoyed the CHF meeting last and have a couple of more suggestions to add:

Top Wok is already a Blue Zones restaurant and could be encouraged to add smoothies and fresh juices to their menu. They already have coffee and breakfast items on the menu.

The new cafe could serve salads and veggies grown in an onsite volunteer community garden. Fresh produce and pure profit for the cafe."- *Diana Davis, Redondo Beach*

## APPENDIX A: SIGN-IN SHEET

# Sign-Up Sheet

CHF POP-UP MEETING:  
TUESDAY, AUGUST 29, 6 P.M.



Name	City	Email	Phone
1. Joyce Stauffer	Torrance		
Ken Grossman	Redondo Beach		
Mary Drummer	Redondo Beach		
4. <del>Shenck Johnson</del> <sup>Raymond</sup>	Torrance		
5. Ellen Gilman	R.B.		
6. ARYH GILMAN	RB		
7. Joan Hardy	Torrance		
HOWARD DARVEY	REDONDO BEACH		
9. M FANBERG	REDONDO BEACH		
10. Teresa Hamer	Redondo Beach		
Jane Clark	Torrance		
12. Diana Davis	Redondo		
13. Pat Russell	Redondo		
14. RAY IRMER	TORRANCE		
15. Vicki Eddy	Mar Bch		
16. Irene Nachreiner	RB		



# Sign-Up Sheet

CHF POP-UP MEETING:  
TUESDAY, AUGUST 29, 6 P.M.



Name	City	Email	Phone
1. FAT WICKENS	Redondo		
2. Aileen Pavlin	Torrance		
3. George Surmeitner	H. H.		
4. Vog Gordon	R.B		
5. Jean Tate	Hermosa		
6. Delia Vechi	R.B		
7. Anita Caplan	R.B		
8. Bob Caplan	R.B		
9. TIM Weisberg	M.B.		
10. GARY <del>SMITH</del>	TORR		
11. Robert London	R.B.		
12. Donna Cunningham	H.B		
13. Kathleen McKenna	Torrance		
14. Carrie Koyanagi	R.B		
15.			
16.			
17.			
18.			
19.			

# Sign-Up Sheet



CHF POP-UP MEETING:  
TUESDAY, AUGUST 29, 6 P.M.



Name	City	Email	Phone
1. Jackie LaBouff	Torrance		
2. Carol Cutting	Man. bch		
3. Ray Cheng	Torrance		
4. Arinna + Andy Shelby	RB		
5. Ann Gallagher	Torr		
6. Marty Gallagher	Torr		
7. Timen Mink	Jurume		
8. Jim Brown	RB		
9. Donna Caparo	Redondo Beach		
10. Neanne Soto	RB		
11. Kay Nakawala	Torrance		
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			

# Title Excel Master HLC Contacts Sign-Up Sheet

CHF POP-UP MEETING:  
TUESDAY, AUGUST 29, 6 P.M.



CHF POP-UP

Name	City	Email	Phone
1. <i>AL PRINCE PRINCE</i>	<i>TORRANCE</i>		
2. <i>Judy Scott</i>	<i>Torrance</i>		
3. <i>BROCK STEELE</i>	<i>TORRANCE</i>		
4. <i>Lois Wong</i>	<i>MB</i>		
5. <i>Mark Nelson</i>	<i>RS</i>		
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
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17.			
18.			
19.			

## **APPENDIX B: POWERPOINT PRESENTATION**



*A Public Agency*

*Beach Cities*  
***Health District***

Healthy Living Campus Project  
Center for Health & Fitness (CHF)  
Pop-Up Meeting  
August 29, 2017

# Project Staff Introductions

## Planning

- Leslie Dickey, Executive Director of Real Estate

## Center for Health and Fitness (CHF)

- Jackie Berling, Chief Wellness Officer

## Community Outreach

- Valerie Martinez, Outreach Consultant
- Eric Garner, Communications Manager

# Meeting Purpose

- Provide information to existing CHF members about preliminary plans for a proposed new facility
- Gather written input about features most important to members

# Meeting Agenda

- Healthy Living Campus Overview
- Preliminary Plans for Proposed CHF
- Q & A Session



# Healthy Living Campus

## An Overview



# Healthy Living Campus

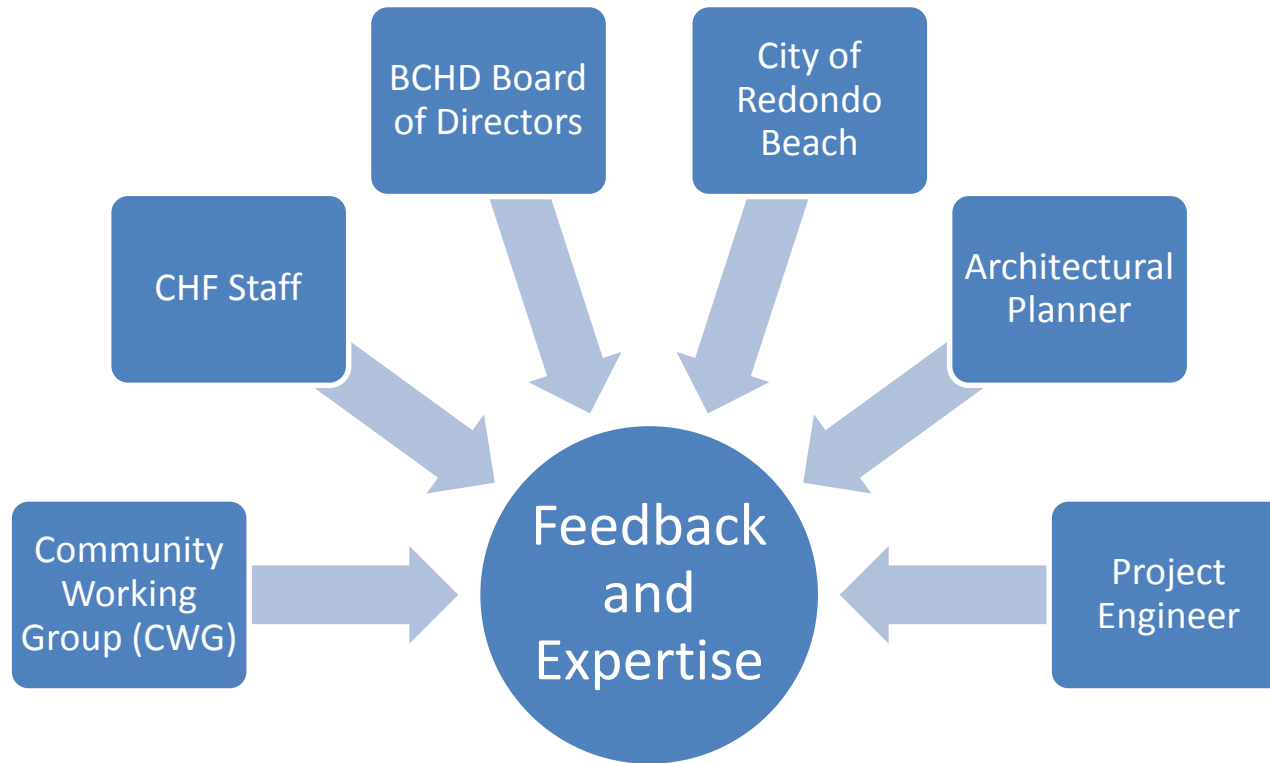
A Continuum of Care Approach



# Healthy Living Campus Project: Guiding Principles

- Develop community for older adults
- Create integrated hub of well-being
- Incorporate Blue Zones Project concepts
- Focus on emerging technologies and innovation
- Grow the enterprise to support the mission
- Actively engage community/stakeholders
- Prioritize environmental sustainability and accessibility
- Create open/green space by shifting parking to the perimeter

# Feedback and Expertise: Sources



# Healthy Living Campus

## What's Been Done?

- Master Plan Study (2009)
- Preliminary Campus Assessments (2016)
- Community Health Snapshot (2016)
- Market Needs Study (2016)
- BCHD Strategic Planning Mtng. (2017)
- Board Planning Sessions (2017)
- Meetings with Community Working Group & Subgroups (2017)

## Next Steps

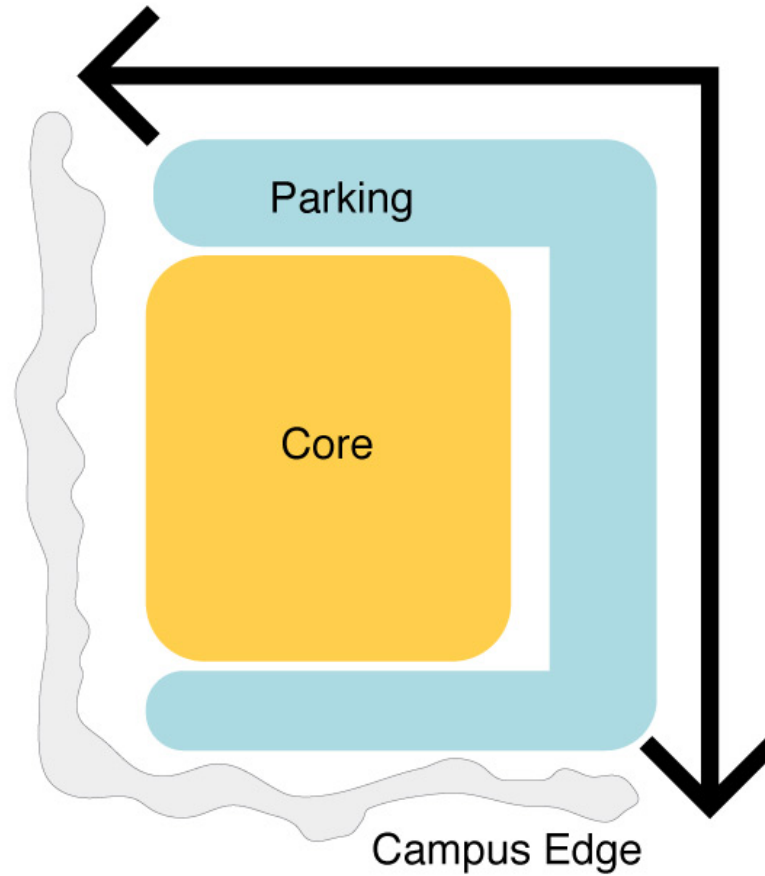
- Meetings with City Officials
- Meetings with Community Groups/Residents
- Host Community Open Houses
- City Planning Process



# Developing CHF Preliminary Plans

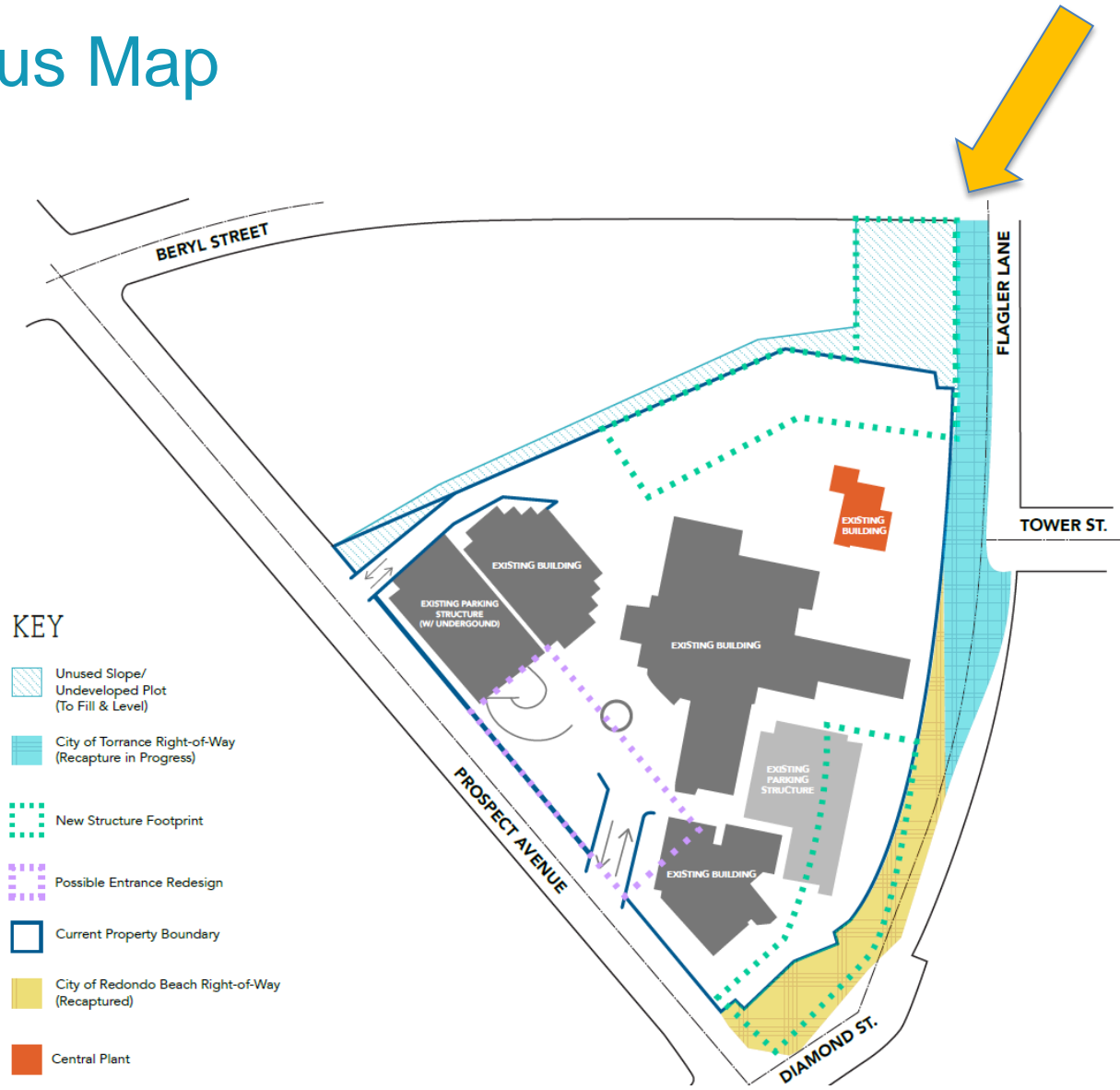
# Healthy Living Campus Parking Approach

## CONCEPT





# Campus Map



# Flagler Lot Development



# Flagler Lot Development

Proposed: Center for Health & Fitness with Parking



*\*Conceptual design. Subject to change. Subject to regulatory agency approvals.*

# Flagler Lot: Proposed CHF Site

- Suggested by CWG members to address parking, traffic and safety concerns on campus
- Consolidates CHF-only visitors to one side of campus
- Addresses concern about CHF parking being too far away
- Diverts some traffic flow from Prospect Avenue entrance
- CHF on ground floor of parking structure allows for consideration of features with high demand

# CHF Guiding Principles

- Maintain community atmosphere
- Provide opportunities for social interaction
- Uphold inclusive and friendly ambiance
- Ensure safe and clean facility
- Keep older adult programming focus
- Build and operate to Medical Fitness Association® standards

# About Medical Fitness Association® Standards

- BCHD would be first medically certified fitness center in California
- Mostly transparent to our members
- Establishes standards regarding *programming* and *facility*
  - *Programming* example: oversight by medical advisory committee
  - *Facility* example: ability to call front desk from bathroom
- Current *programming* meets standards and will be maintained
- Current *facility* requires some modifications
- New location allows us to incorporate facility standards into the design

# Facility Features Review: A Comparison

- Connected parking
- Outdoor exercise feature
- Second entrance
- Space is 75% bigger
  - More workout space
  - Larger restrooms
  - Larger locker rooms
  - Possibility of warm water exercise pool
  - Infrastructure support (IT room, housekeeping, etc.)

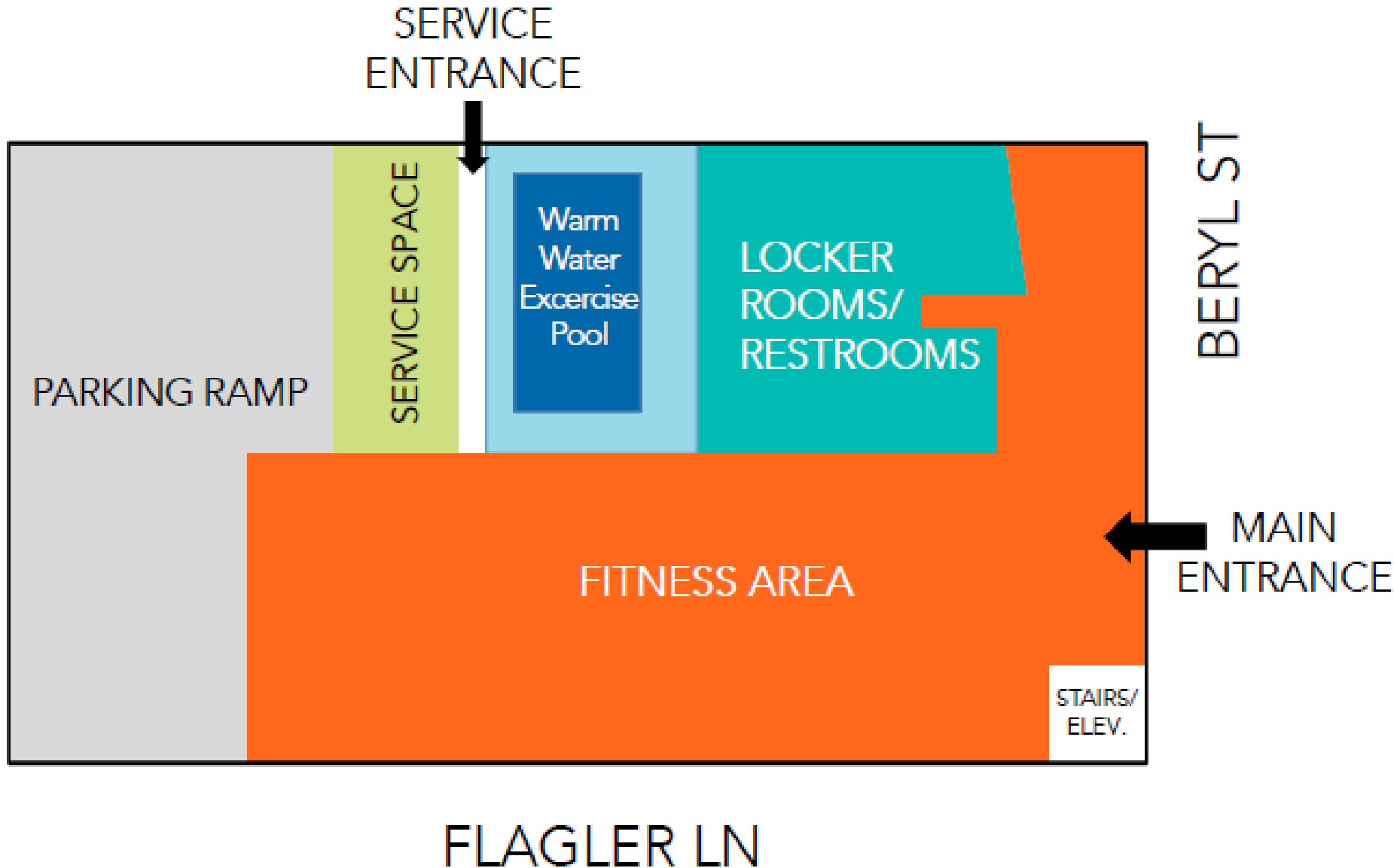
# Campus-Level Entry



*(View of entrance from on campus, facing North)*



# Preliminary Floorplan



# Healthy Living Campus Project: Process Overview



## Environmental Review Process Administered by City of Redondo Beach



# Project Look-Ahead

- Present preliminary plans to Board
- Submit preliminary plans to permitting agencies
- Conduct presentations to community groups
- Information Community Open House
  - October 2017

# Feedback Comment Cards

# Comment Cards



## Healthy Living Campus

CHF  
Comment Card

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Which features would you hope to see in the new proposed CHF?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> More designated assessment areas | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                    | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room   | <input type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Designated stretching area       | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments:

# CHF

## Q & A Session

# Healthy Living Campus Community Information Meeting

October 2017

5:30-7pm

# Contact Information

[HLInfo@bchd.org](mailto:HLInfo@bchd.org)

[bchd.org/HealthyLivingCampus](http://bchd.org/HealthyLivingCampus)



**APPENDIX C.1: MEETING INVITATION (EMAILED)**



Dear CHF Member,

Beach Cities Health District (BCHD) is continually striving to expand our services and improve our facilities to meet the ever-changing health needs of our community. To that end, you may have heard that BCHD is in the process of re-imagining our Redondo Beach property, creating a framework for a "Healthy Living Campus" that embellishes our offerings and expands to include a hub of well-being for the community. The project is currently in the planning and design stages.

This project has presented the opportunity to examine a variety of intriguing options throughout the 11-acre site, such as addressing our limited parking and better organizing where and how we are providing services. As such, I wanted to discuss our thoughts for possibly creating a new Center for Health & Fitness (CHF) that would be a modern, larger and more accessible centerpiece on our remodeled campus.

At this point, these plans are very conceptual. But as we begin to develop our blueprint, I want to pledge to you that our first priority will be to maintain the one-of-a-kind, member-driven sense of community that characterizes our current CHF.

The proposed new site, at Flagler and Beryl, will provide all of the same features as our facility at 514 N. Prospect, with a primary design focus of creating an airy, open setting. This will permit us to modernize everything, including:

- More accessible parking
- Weight and cardio space
- Workout areas
- Massage rooms
- Stretch areas

We are thinking that the rates that are in effect at the time of the move to the new CHF facility will remain the same for similar services. We will also devise a plan to assure there is no interruption of current services while the new facility is being built. The goal is to have a seamless transition with no break in service.

As many of you know, BCHD has been actively engaged with a Community Working Group (CWG) that is helping us assess the development of our

proposed Healthy Living Campus. As part of this undertaking, a CWG sub-group - consisting of current CHF members - will be established to supply feedback, ideas and insights revolving around the proposed development.



We want to hear your feedback - please join us for a pop-up event taking place in the lower level in the Beach Cities Room on Tuesday, August 29 from 6-7:30 p.m. where we will discuss in more detail the plans for the new facility. We'll also continue to update you as the process moves along.

Sincerely,

Tom Bakaly  
CEO, Beach Cities Health District



Center for Health & Fitness, 514 N. Prospect Ave., 2nd Floor, Redondo Beach, CA 90277

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**APPENDIX C.2: MEETING INVITATION (PRINTED)**

An opportunity to...  
**UPGRADE**





## PROPOSED PLANS INCLUDE

- Upgraded amenities
- Easier access and parking
- Modern centerpiece on the campus

## WE'RE COMMITTED TO

- No interruption of service
- Consistent pricing for similar services at the time of the move to the new facility
- Member-driven sense of community

YOU'RE INVITED

# POP-UP! EVENT!

Beach Cities Health District is in the planning and design stages of creating a Healthy Living Campus for the community that will include an upgraded facility for CHF. We want to hear your feedback!

## TUES., AUG 29

**6 P.M. | Beach Cities Health District  
Lower Level, Beach Cities Room**

**APPENDIX D: COMMENT CARDS RECEIVED**



# Healthy Living Campus

ppp,  
CHF  
Comment Card

Name: Kathleen McKenna Date: \_\_\_\_\_

Which features would you hope to see in the new proposed CHF?

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> More designated assessment areas      | <input type="checkbox"/> Separate spin/cycle room                         | <input type="checkbox"/> Larger free weights area  |
| <input type="checkbox"/> Massage rooms                         | <input checked="" type="checkbox"/> Designated socialization area         | <input checked="" type="checkbox"/> Cafe/smoothies |
| <input type="checkbox"/> A larger reformer Pilates room        | <input checked="" type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____               |
| <input checked="" type="checkbox"/> Designated stretching area | <input type="checkbox"/> Small group training rooms                       | <input type="checkbox"/> Other _____               |

Comments: Very well run meeting. Thanks  
Consider including gerontologist (not MD) - USC has training program, I believe, might be able to give referral  
Consider zoned HVAC. I visited gym with glassed in cardio area that had lower temps, maybe cardio + aerobics cooler and weights/stretching more typical temps





# Healthy Living Campus

CHF  
Comment Card

Name: Robert London Date: AUG 28, 2017

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Comments:

Gym space 75% bigger seems like not enough. Parking area should be closed off to outside along Beryl St. Residents across street do not want more noise, light and auto exhaust pollution.



# Healthy Living Campus

CHF  
Comment Card

Name: Jean Tate Date: \_\_\_\_\_

Which features would you hope to see in the new proposed CHF?

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> More designated assessment areas      | <input type="checkbox"/> Separate spin/cycle room                         | <input type="checkbox"/> Larger free weights area  |
| <input checked="" type="checkbox"/> Massage rooms              | <input type="checkbox"/> Designated socialization area                    | <input checked="" type="checkbox"/> Cafe/smoothies |
| <input type="checkbox"/> A larger reformer Pilates room        | <input checked="" type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____               |
| <input checked="" type="checkbox"/> Designated stretching area | <input checked="" type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____               |

Comments:



# Healthy Living Campus

CHF  
Comment Card

Name: JIM BROWN Date: 29 AUG 17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- CLIMBING ROPE
- TALL CEILING / STRONG WALL
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- STAIRWELL ACCESSIBLE TO GYM (FOR STAIR CLIMBERS)
- Larger free weights area
- Cafe/smoothies
- Other LAP POOL
- Other WATER EXERCISE / REHAB POOL

Comments: (FOR EXERCISES THAT USE A WALL)

KEEP PRICES CLOSE TO CURRENT

SOLAR PANELS ON ROOFS, RECLAMATION OF STORM WATER RUNOFF



# Healthy Living Campus

CHF  
Comment Card

Name: ALAN ARCHER Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Comments: GOOD PRESENTATION. PLEASE KEEP ME INFORMED.



# Healthy Living Campus

CHF  
Comment Card

Name: Ken Grossman Date: 9/29/2017

Which features would you hope to see in the new proposed CHF?

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> More designated assessment areas      | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                         | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room        | <input type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input checked="" type="checkbox"/> Designated stretching area | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments:

add wifi to facility  
wide parking spaces  
dedicated area for HIIT training



Beach Cities Health District

Theresa Steel

# Healthy Living Campus

CHF Comment Card

Name: BRUCE STEELE

Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Comments:

- SPINNING CYCLES IN OPEN AREA
- RECLINING LEG PRESS
- LARGER LOCKER AREA. AT PEAK TIMES PEOPLE ARE VERY CLOSE W/ FEW SEATS
- MORE SHOWERS
- SAUNA
- BETTER STRETCHING MATS



# Healthy Living Campus

CHF  
Comment Card

Name: Terence M Hammer MD Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> More designated assessment areas | <input checked="" type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                    | <input checked="" type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room   | <input checked="" type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Designated stretching area       | <input checked="" type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments: Generally current layout is working well. I hope these plans will include more disabled parking spaces, and maintaining adequate financial reserves.



# Healthy Living Campus

CHF  
Comment Card

Name: MARK FARBER Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other See Below
- Other I LIKE THE EXERCISE POOL CONCEPT

Comments: I HOPE THE NEW FACILITY WILL UPGRADE MUCH OF THE GYM EQUIPMENT - MOST OF IT IS QUITE OLD. - 1960, AND THE BUILDING.

I ~~RECOMMEND~~ RECOMMEND - ELLIPTICAL MACHINES THAT CAN RUN IN REVERSE (THE CURRENT ONES ARE PRETTY BAD) - BUTT BLASTER machine





# Healthy Living Campus

CHF  
Comment Card

Name: GARY SMALLLEY Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Comments:



# Healthy Living Campus

CHF  
Comment Card

Name: PAT WICKENS Date: AUG 29 17

Which features would you hope to see in the new proposed CHF?

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> More designated assessment areas | <input checked="" type="checkbox"/> Separate spin/cycle room   | <input checked="" type="checkbox"/> Larger free weights area |
| <input checked="" type="checkbox"/> Massage rooms         | <input type="checkbox"/> Designated socialization area         | <input checked="" type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room   | <input type="checkbox"/> Large rooms adaptable to various uses | <input checked="" type="checkbox"/> Other <u>LAP POOL</u>    |
| <input type="checkbox"/> Designated stretching area       | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____                         |

Comments:

SUGGESTIONS!

- 1.) CO-ordinate Activities w/ Local fitness groups -  
(i.e. So. bay wheelmen, LAPS SWIMMING, CLUB ED  
RUNNING, etc)
- 2.) SWIMMING - LAP POOL -
- 3.) I Am happy to volunteer  
on PLANNING GROUP -



# Healthy Living Campus

CHF  
Comment Card

Name: Ellen Gilman Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Separate spin/cycle room
- Massage rooms
- Designated socialization area
- A larger reformer Pilates room
- Large rooms adaptable to various uses
- Designated stretching area
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Comments: Yeah - 3 deers for the warm water pool!  
Real gym floors in rooms, not carpet.  
Technology for hearing aid boost, like bluetooth enabling. Or an FM system to boost instructor's voice during classes.  
I like the overall vision.



# Healthy Living Campus

CHF  
Comment Card

Name: IRVIN GILMAN Date: 8-29-17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Comments:

SPECIALIZED ROOMS FOR MOBILITY, ARTHRITIS SETUP  
NOT AS ALL FOR ALL. THESE ARE NOT APPLICABLE FOR  
MANY PEOPLE.



# Healthy Living Campus

CHF  
Comment Card

Name: Joe Gordon Date: 8/29/2017

Which features would you hope to see in the new proposed CHF?

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> More designated assessment areas      | <input type="checkbox"/> Separate spin/cycle room                         | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                         | <input type="checkbox"/> Designated socialization area                    | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room        | <input checked="" type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input checked="" type="checkbox"/> Designated stretching area | <input checked="" type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments:

*You are off to a great start!*



# Healthy Living Campus

CHF  
Comment Card

Name: Idis Wong Date: 8/29/2017

Which features would you hope to see in the new proposed CHF?

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> More designated assessment areas          | <input type="checkbox"/> Separate spin/cycle room                         | <input type="checkbox"/> Larger free weights area  |
| <input type="checkbox"/> Massage rooms                             | <input type="checkbox"/> Designated socialization area                    | <input checked="" type="checkbox"/> Cafe/smoothies |
| <input checked="" type="checkbox"/> A larger reformer Pilates room | <input checked="" type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____               |
| <input checked="" type="checkbox"/> Designated stretching area     | <input type="checkbox"/> Small group training rooms                       | <input type="checkbox"/> Other _____               |

Comments: Need more space to support yoga classes and the equipment needed  
" " " for Mat Pilates classes (Barre, Barrel, etc.)  
Most importantly - provide the challenging yoga classes as we continue to improve our health & fitness  
-include Tai chi classes



# Healthy Living Campus

CHF  
Comment Card

Name: Patricia Ressler Date: 8/29/2017

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
  - Massage rooms
  - A larger reformer Pilates room
  - Designated stretching area
  - Separate spin/cycle room
  - Designated socialization area
  - Large rooms adaptable to various uses
  - Small group training rooms
  - Larger free weights area
  - Cafe/smoothies
  - Other yoga
  - Other Tai Chi
- walking track

Comments:

more variety/levels of yoga with substitute instructors on staff.



# Healthy Living Campus

CHF  
Comment Card

Name: James Clark Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> More designated assessment areas | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                    | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room   | <input type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Designated stretching area       | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments:

Let Torrance leaders know about this plan. THEY HAVE NOT HEARD OF IT!





# Healthy Living Campus

CHF  
Comment Card

Name: Vivien Morita Date: 8-29-17

Which features would you hope to see in the new proposed CHF? *- all*

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> More designated assessment areas | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                    | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room   | <input type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Designated stretching area       | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments:



# Healthy Living Campus

CHF  
Comment Card

Name: ANITA CAPLAN Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> More designated assessment areas      | <input type="checkbox"/> Separate spin/cycle room                 | <input checked="" type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                         | <input checked="" type="checkbox"/> Designated socialization area | <input checked="" type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room        | <input type="checkbox"/> Large rooms adaptable to various uses    | <input type="checkbox"/> Other _____                         |
| <input checked="" type="checkbox"/> Designated stretching area | <input type="checkbox"/> Small group training rooms               | <input type="checkbox"/> Other _____                         |

Comments: Warm water exercise pool is most important. Wish we could now contract with high school for water ~~exercise~~ aerobic hours and classes.



# Healthy Living Campus

CHF  
Comment Card

Name: Bob Kaplan Date: \_\_\_\_\_

Which features would you hope to see in the new proposed CHF?

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> More designated assessment areas      | <input type="checkbox"/> Separate spin/cycle room                         | <input checked="" type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                         | <input type="checkbox"/> Designated socialization area                    | <input type="checkbox"/> Cafe/smoothies                      |
| <input type="checkbox"/> A larger reformer Pilates room        | <input checked="" type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____                         |
| <input checked="" type="checkbox"/> Designated stretching area | <input type="checkbox"/> Small group training rooms                       | <input type="checkbox"/> Other _____                         |

Comments:



# Healthy Living Campus

CHF  
Comment Card

Name: Diana Davis Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other large Aerobics
- Other Room
- Pool
- Outdoor Zumba  
all year

Comments:

- Have more people participate in the community garden  
- Very exciting! I'm in favor of this project.  
- It would be good to have this as soon as possible.  
3 1/2 years seems like a long time.



# Healthy Living Campus

CHF  
Comment Card

Name: Jackie LaBouff Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Comments: *Sounds wonderful. I hope/pray I live to see it and experience it and workout. " I stay healthy for it. I may be one of your first tenants if you furnish the Senior living establishment.*



# Healthy Living Campus

CHF  
Comment Card

Name: Donna Capraro

Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Separate spin/cycle room
- Larger free weights area
- Massage rooms
- Designated socialization area
- Cafe/smoothies
- A larger reformer Pilates room
- Large rooms adaptable to various uses
- Other ipads to track workouts
- Designated stretching area
- Small group training rooms
- Other and progress.

Comments: I love this idea! I can't wait. How can I help?  
I would like to see the larger free weight section separate from  
The machines - like a separate room - cardio separate from  
the weight training.  
I am willing to talk/email my DIST 4 Councilman to  
be supportive of this.



# Healthy Living Campus

CHF  
Comment Card

Name: Donna Cunningham Date: 8-29-2017

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Separate spin/cycle room
- Larger free weights area
- Massage rooms
- Designated socialization area
- Cafe/smoothies
- A larger reformer Pilates room
- Large rooms adaptable to various uses
- Other \_\_\_\_\_
- Designated stretching area
- Small group training rooms
- Other \_\_\_\_\_

Comments:  
 Larger area for <sup>and more</sup> stationery bikes and stretching.  
 Safe parking.  
 I like the plans! The comment about having a parking arm & using key cards to enter is very important. →  
 Otherwise, will be locked out by residents looking for parking.



# Healthy Living Campus

CHF  
Comment Card

Name: DELIA A VECHI Date: 8/29/2017

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Comments:  
It must be certified that the lot on the corner of Flagler & Beryl has been cleared [oil pumps were there pumping oil for years until they were removed] and ~~not~~ toxic fumes are coming from the ground.





# Healthy Living Campus

CHF  
Comment Card

Name: MARY DRUMMER Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> More designated assessment areas | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area              |
| <input type="checkbox"/> Massage rooms                    | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies                        |
| <input type="checkbox"/> A larger reformer Pilates room   | <input type="checkbox"/> Large rooms adaptable to various uses | <input checked="" type="checkbox"/> Other <u>walking track</u> |
| <input type="checkbox"/> Designated stretching area       | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____                           |

Comments:



# Healthy Living Campus

CHF  
Comment Card

Name: Heanne Soto Date: Aug 29, 2017

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms
- A larger reformer Pilates room
- Designated stretching area
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other Locker Rm / Restrooms
- Other Callng booths
- Parking

*Possibly rent lockers - monthly or weekly  
Combination or keypad existing/built into lockers.*

Comments: Individual dressing rooms outside each individual showers for privacy. More toilet stalls in women's locker room. Other restrooms outside of locker rooms (unisex, handicap) longer lockers in women's locker room. Separate, enclosed "booths" if people need a ~~quiet~~ <sup>quiet</sup> place to receive or make a cell phone call for a very ~~short~~ short period of time. Members only access to parking ~~lot~~ <sup>bleck</sup>.



# Healthy Living Campus

CHF  
Comment Card

Name: Jeannie Soto Date: 8/29/2017

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Separate spin/cycle room (enclosed)
- Larger free weights area
- Massage rooms
- Designated socialization area
- Cafe/smoothies
- A larger reformer Pilates room ①
- Large rooms adaptable to various uses ②
- Other Pool (warm water) ③
- Designated stretching area
- Small group training rooms
- Other \_\_\_\_\_

① enclosed

Comments: ① Pilates Rm. No more than (8) Reformers with 3'-5' between reformers. Platform with reformer for instructor. Separate, easily identifiable Room where people coming into CHF can see we have a reformer pilates area

② Add total of 10-12 TRX (some from ceiling + wall) that can be moved or removed for other types of classes, or add to SGT rooms.

③ pool for exercise, laps or maybe water treadmills.

4. No Carpet in CHF, floors that can be easily cleaned, wood, tile, spongy floor



# Healthy Living Campus

CHF  
Comment Card

Name: Vicki Eddy Date: 8/29/2017

Which features would you hope to see in the new proposed CHF?

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> More designated assessment areas      | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area         |
| <input type="checkbox"/> Massage rooms                         | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies                   |
| <input type="checkbox"/> A larger reformer Pilates room        | <input type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other <u>Pool either outdoor</u> |
| <input checked="" type="checkbox"/> Designated stretching area | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other <u>or indoor</u>           |

Comments: It would be nice to have a 3 to 5 visitor pass for friends + family from out of town. At a reasonable price.



# Healthy Living Campus

CHF  
Comment Card

Name: JOHN NACHREIN Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> More designated assessment areas      | <input type="checkbox"/> Separate spin/cycle room                         | <input type="checkbox"/> Larger free weights area     |
| <input type="checkbox"/> Massage rooms                         | <input type="checkbox"/> Designated socialization area                    | <input type="checkbox"/> Cafe/smoothies               |
| <input type="checkbox"/> A larger reformer Pilates room        | <input checked="" type="checkbox"/> Large rooms adaptable to various uses | <input checked="" type="checkbox"/> Other <u>POOL</u> |
| <input checked="" type="checkbox"/> Designated stretching area | <input type="checkbox"/> Small group training rooms                       | <input type="checkbox"/> Other _____                  |

Comments:



# Healthy Living Campus

CHF  
Comment Card

Name: Carol Cutting Date: 8-29-2017

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Massage rooms *in quiet area*
- A larger reformer Pilates room
- Designated stretching area *↳ Larger area*
- Separate spin/cycle room
- Designated socialization area
- Large rooms adaptable to various uses
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other *yoga room w/ wood floors, in quiet area*
- Other

Comments:

*Excited About new Facility!*  
*P.S. please have the web page updated w/ more current Spirit Awards winners - last ones listed a few years ago.*



# Healthy Living Campus

CHF  
Comment Card

Name: Irene Nachreiner Date: 8/29/2017

Which features would you hope to see in the new proposed CHF?

- More designated assessment areas
- Separate spin/cycle room
- Massage rooms
- Designated socialization area
- A larger reformer Pilates room
- Large rooms adaptable to various uses
- Designated stretching area
- Small group training rooms
- Larger free weights area
- Cafe/smoothies
- Other Swimming pool!!
- Other \_\_\_\_\_

Comments:

We need a swimming pool! There is no community pool in the South Bay. We need a pool for water exercise!



# Healthy Living Campus

CHF  
Comment Card

Name: Ray Chewng Date: Aug 29, 2017

Which features would you hope to see in the new proposed CHF?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> More designated assessment areas | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                    | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room   | <input type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Designated stretching area       | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments:

Need more parking area!!!





# Healthy Living Campus

CHF  
Comment Card

Name: ANN CHENNG Date: 8/29/2017

Which features would you hope to see in the new proposed CHF?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> More designated assessment areas | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                    | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room   | <input type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Designated stretching area       | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments:

CONCERNS FOR TRAFFIC ON FLAGLER



# Healthy Living Campus

## CHF Comment Card

Name: Mark Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Which features would you hope to see in the new proposed CHF?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> More designated assessment areas | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                    | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room   | <input type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Designated stretching area       | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments:

- More free classes
  - Discounted rate for those within 6 blocks of CHF who are encumbered by traffic, noise, fire-trucks, etc. CSUS do it for \$15/month
- (OVER)

- Better web access to CTF & other classes, mtgs
- Outdoor classes
- Simple walking groups & clubs, Moai's are too confusing/lost most members



# Healthy Living Campus

CHF  
Comment Card

Name: Andy Shelby Date: 8-29-17

Which features would you hope to see in the new proposed CHF?

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> More designated assessment areas      | <input type="checkbox"/> Separate spin/cycle room              | <input type="checkbox"/> Larger free weights area |
| <input type="checkbox"/> Massage rooms                         | <input type="checkbox"/> Designated socialization area         | <input type="checkbox"/> Cafe/smoothies           |
| <input type="checkbox"/> A larger reformer Pilates room        | <input type="checkbox"/> Large rooms adaptable to various uses | <input type="checkbox"/> Other _____              |
| <input checked="" type="checkbox"/> Designated stretching area | <input type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____              |

Comments: Suggestions

- More benches in the locker room - current locker is sometimes crowded if more than 4 or 5 people are changing at the same time.
- More space for stretching area
- Enhance but don't make it too complicated.
- Build it so it allows for flexibility to make adjustments/changes in future years.

what I like now about CHF and want to keep:

- great community environment
  - Volunteers who work there add a <sup>additional</sup> positive touch to the CHF.
  - Equipment is always maintained and clean
  - Locker rooms are clean and maintained.
  - ~~Keep~~ Good about adding equipment when you see that demand is high for that type of equipment.
  - Staff / Trainers: all have positive attitudes, helpful, easy to deal with. "friendly ambience"
  - 250/300 club are fun goals and motivating
  - The "Guiding Principles" are what I (and my wife) absolutely appreciate and desire.  
(This is why we stay as members & what we think you just don't see at other places)
- GLAD to hear that 'culture' will remain the same.

Thanks good session!

Name: Arinna Shelby Date: 8/29/17

Which features would you hope to see in the new proposed CHF?

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> More designated assessment areas          | <input type="checkbox"/> Separate spin/cycle room                         | <input checked="" type="checkbox"/> Larger free weights area |
| <input checked="" type="checkbox"/> Massage rooms                  | <input checked="" type="checkbox"/> Designated socialization area         | <input checked="" type="checkbox"/> Cafe/smoothies           |
| <input checked="" type="checkbox"/> A larger reformer Pilates room | <input checked="" type="checkbox"/> Large rooms adaptable to various uses | <input checked="" type="checkbox"/> Other <u>child care</u>  |
| <input checked="" type="checkbox"/> Designated stretching area     | <input checked="" type="checkbox"/> Small group training rooms            | <input type="checkbox"/> Other _____                         |

Comments:

- 1) 2 elevators, not just 1. A lot of people cannot handle stairs + when the elevator breaks down, people will be trapped on the wrong floor
  - 2) separate stretching area where users won't be stepped on and is not in the path on the way to something else in the gym. more stretching area than now.
  - 3) enough balls + free weights that group class members won't take them from the gym floor
  - 4) shuttle to/from older adult living to the gym
- over →

- 5) Keep all the physical therapy equipment
- 6) Consider putting gym on 2 floors - ground + basement, to expand size of gym. Functions like massage, cafe, specialty ~~g~~ classes, meeting rooms could be in basement and main gym on ground floor.
- 7) Build a facility that has room for growth - both more members and more equipment. CHF is already fabulous; with the ~~new~~ new facility even more people will come.
- 8) Don't have floor to ceiling windows on Beryl + Hagler. Older adults don't necessarily want the world watching us as we work out.
- 9) Campus access to gym.