



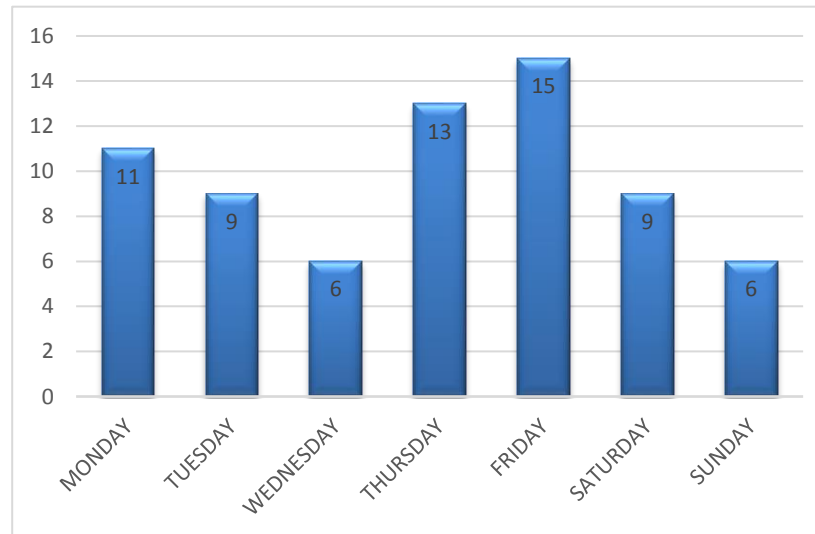
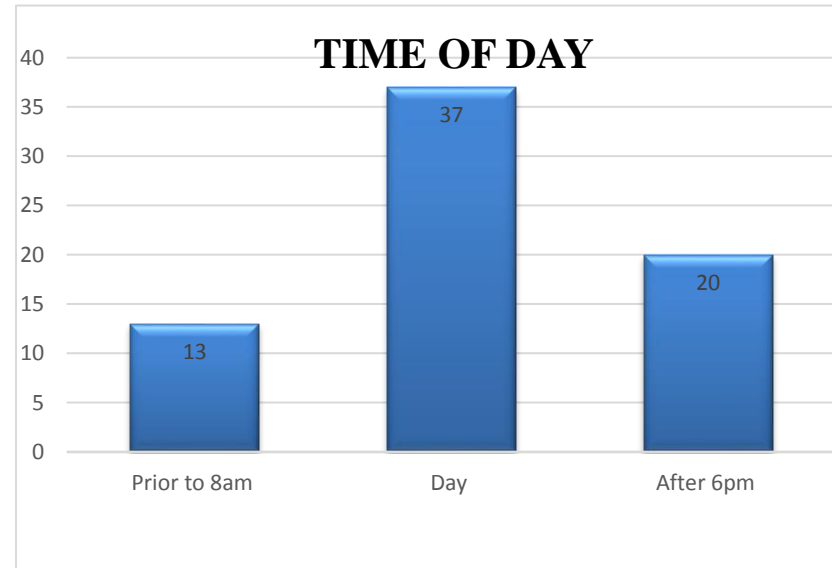
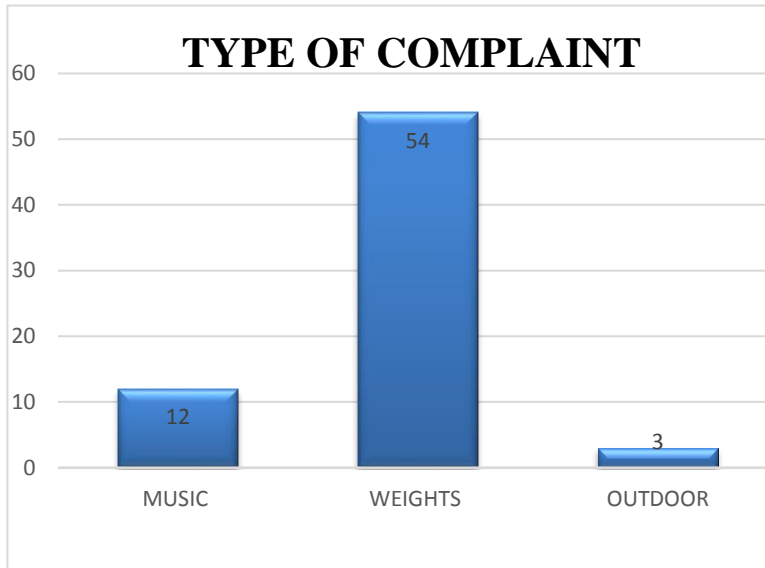
**Crossfit Horsepower – 725 Cypress Ave.**  
**COMPLAINT LOG**

DATE	DAY	TIME	NAME	COMPLAINT
2/12/18	Monday	6:30am -7:00am	[REDACTED]	Loud music
2/20/18	Tuesday	6:55pm	[REDACTED]	Loud music
2/27/18	Tuesday	6:44pm	[REDACTED]	Loud music
3/2/18	Friday	6:30pm	[REDACTED]	Weight noise/weight slamming and dropping
3/2/18	Friday	7:30pm	[REDACTED]	Weight drops
3/2/18	Friday	4-6pm	[REDACTED]	Noise and weights dropping
3/11/18	Sunday	9:55am	[REDACTED]	Music/vibrations
3/16/18	Friday	6:42pm	[REDACTED]	Massive ground vibration
3/17/18	Saturday	11:43am	[REDACTED]	Dropping weights causing vibrations
3/18/18	Sunday	11:32am	[REDACTED]	Vibrations
3/18/18	Sunday	11:34am	[REDACTED]	Gym has been extremely bad this whole weeks
3/21/18	Wednesday	6:46am	[REDACTED]	Weight noise
3/21/18	Wednesday	7:19am	[REDACTED]	Weight dropping
3/23/18	Friday	8:50am	[REDACTED]	Weight dropping
3/23/18	Friday	6:30pm-9:11pm	[REDACTED]	Heavy dropping
3/23/18	Friday	6:52pm	[REDACTED]	Weights dropping
3/24/18	Saturday	9-11am	[REDACTED]	16 gym noise - like garage door opening
3/24/18	Saturday		[REDACTED]	"Heard it as well"
3/30/18	Friday	5:30pm-5:53pm	[REDACTED]	Music was faint
3/30/18	Friday	6:45pm	[REDACTED]	

4/3/18	Tuesday	5:30p-645pm	██████████	Ongoing gym noise
4/4/18	Wednesday	4:28pm	██████████	House is having violent shakes once weight drops
4/4/18	Wednesday	6:30p	██████████	Loud banging
4/4/18	Wednesday	6:15-7pm/7:30pm	██████████	Noticed it too
4/4/18	Wednesday	6:45pm	██████████	As well I noticed it
4/5/18	Thursday	5:15pm-5:45pm	██████████	Hear/feel weights dropping
4/6/18	Friday	8:15am	██████████	Woke up to weights dropping
4/6/18	Friday	6:31-6:43pm	██████████	Gym activity making noise
4/7/18	Saturday	10:30am	██████████	Heavy dropping and ongoing
4/8/18	Sunday	9:30am	██████████	Very loud weight dropping
4/16/18	Monday	6:35am/4:40-8pm	██████████	Gym activity, heavy gym drops
4/16/18	Monday	7:46pm	██████████	Massive shakes
4/19/18	Thursday	6:30am	██████████	Gym radio loud, bass vibrating through house
4/19/18	Thursday	9:30am	██████████	Noise and vibration disturbing
4/19/18	Thursday	6:30am	██████████	Woken up by gym, music blasting and bass pounding
4/19/18	Thursday	3:00pm	██████████	Weight dropping, shaking the foundation, no rest
4/19/18	Thursday	5:30pm-5:53pm	██████████	Weights dropping heavily, booming like fireworks
4/19/18	Thursday	6:53pm	██████████	Weight noise
4/23/18	Monday	5:45pm	██████████	Meeting with residents
4/27/18	Friday	9:30am 11:05am	██████████	Loud and heavy weights dropped at regular intervals
4/27/18	Friday	4:30pm	██████████	Light dumbbell drops on and off for about an hour
4/29/18	Sunday	10:45am	██████████	Loud heavy weight drops
4/30/18	Monday	6:30am - 6:47am	██████████	Weight noise
4/30/18	Monday	6:57pm	██████████	Music too loud (Bass) & Weighs noise very loud in am
4/30/18	Monday	10:37am	██████████	Members running on outside streets

4/30/18	Monday	6:20pm - 7:30pm	██████████	Weight Noise consistently (Doing dead lifts) bouncing
5/1/18	Tuesday	4:50pm/ 6:45-8pm	██████████	Group of Runners/ Heard music bass was loud
5/3/18	Thursday	6:45am - 8:15am	██████████	Banging Noise
5/3/18	Thursday	4:15pm - 4:36pm	██████████	Music too loud (Bass) / Dragging Dumbbell's
5/3/18	Thursday	7:21pm -7:31pm	██████████	Rumbling Sounds & Kettle Bell
5/5/18	Saturday	10:15am	██████████	Pounding Noise
5/5/18	Saturday	10:36am	██████████	Pounding hard right now
5/7/18	Monday	5:07pm	██████████	Heavy pounding hard right now
5/8/18	Tuesday	6:40am 9:00am	██████████	Sensitive time/ loud music / Amplifies the what noise
5/8/18	Tuesday	4:00pm- 4:47pm	██████████	Banging Noise from early am on to the evening
5/8/18	Tuesday	4:30pm -4:47pm	██████████	Banging away, I just want peace and quiet
5/11/18	Friday	11:14am	██████████	Loud Pounding/ Weights
5/11/18	Friday	5:30pm - 5:50pm	██████████	Loud Pounding weights are dropping heavily shake
5/12/18	Saturday	9:10am -9:40am	██████████	Loud dropping of weights some louder than others
5/12/18	Saturday	9:37am	██████████	Loud Dropping Weights
5/12/18	Saturday	9:52am	██████████	Banging Noise
5/17/18	Thursday	9:15am	██████████	Weight Noise/working from home
5/20/18	Sunday	10:40am	██████████	Annoying, noise vibration sounds from gym
5/21/18	Monday	6:30am	██████████	Pounding from Street
5/24/18	Thursday	6:30am-6:37am	██████████	Pounding noise sounds like boom fireworks
5/29/18	Tuesday	6:40pm	██████████	Pounding Noise /10 drops and a pause then again
5/31/18	Thursday	6:00pm - 7:16pm	██████████	Random Weights drops/ still heard with tv on
6/11/18	Monday	12:40pm - 12:50pm	██████████	Weight drops
6/19/18	Tuesday	7:00am - 8:20pm	██████████	Music
6/26/18	Tuesday	6:47am	██████████	Loud music/bass pounding

## Data Statistics from Complaints



M. Stafford  
Code Enforcement Officer  
Community Development Department

**Starting January 12, 2018,** I was made aware of this disturbance based off of complaints I received days later. For the next several months I proactively performed random spot checks at 725 Cypress Ave. and at 700 block Loma Drive to observe if any HB violations were noticeable. No violations were found.

**On March 12, 2018,** Code Enforcement Officer Jim Heenan and I conducted a sound test at Crossfit Horsepower Gym located at 725 Cypress Avenue. These tests were a result of concerned citizens complaining about loud music and vibrations coming from the Crossfit Horsepower Gym. The tests consisted of deploying one Code Enforcement Officer to the gym and another to the property of complaining residents on Loma Drive and listening to the music used by the gym at different volumes, the 95% normal gym workout volume and 100% full volume. Each percentage were continuous allowed to play for a 5-minute period in an attempt to provide a sustained volume.

#### **The following Steps were taken**

1. Music volume turned up to 95% of full volume with doors closed.

**Result:** No music heard on Loma or in parking lot of gym.

2. Music volume turned to 95% of full volume with doors open.

**Result:** No Music heard on Loma, Music heard in gym Parking lot.

3. Music volume turned up to 100% of full volume with doors closed.

**Result:** Very little sound from music heard on Loma, however not more than ambient noise from vehicles, traffic and other sounds of the neighborhood, music could be slightly heard in parking lot.

4. Music volume turned up to 100% of full volume with doors open.

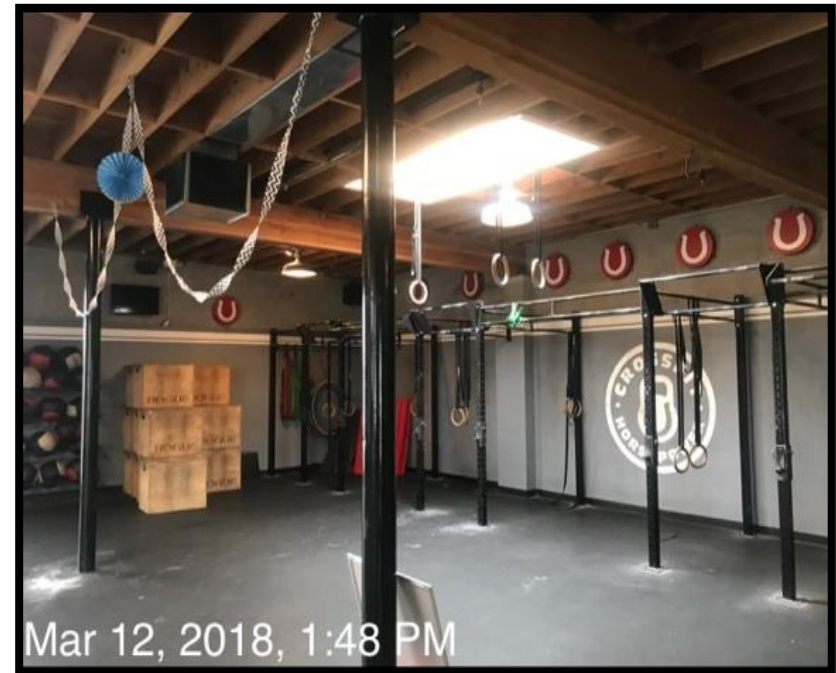
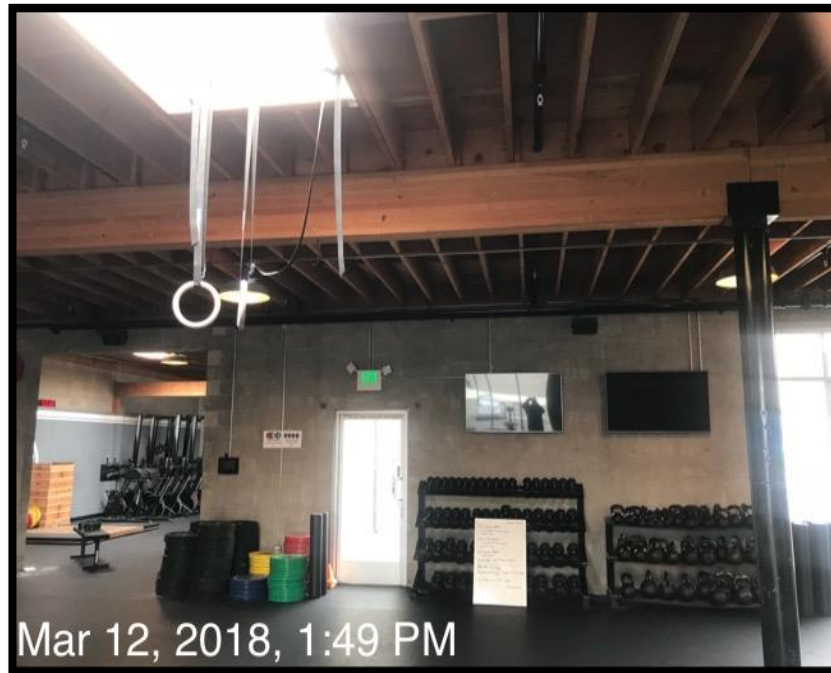
**Result:** Sound could be heard on Loma, however not a significant difference between the doors closed and doors open, music could be heard in parking lot and on the Cypress street

#### **Observations:**

During the course of the test, it was observed that music could be heard on Loma Drive if the doors were open or if the volume was turned to full volume with either doors open or closed, however the noise volume was never such that it was overly loud. If a number was to be assigned to the volume, 10 being very loud and 1 being inaudible the

sound level would be no higher than that of a 2. It is our opinion that although you could hear the music you had to be listening for it, in all test cases it was not louder than the ambient noises coming from a neighborhood on a daily basis.

**Note:** There is no sound insulation on the ceiling or around all of the speakers (Just Cinder Block)



**Friday - On March 30, 2018** At 5:00 p.m. on my proactive patrol, I observed doors open with low volume music coming from the gym. The doors were immediately closed after my presence was noticed. As I patrolled Cypress Ave. and Loma Drive, I listened for any noises around the area that could possibly replicate the same noise coming from the gym. On Loma Dr. music from the gym was heard from the front steps of the residence home, I was located directly behind the Crossfit gym, I could feel faint vibrations against the cinder block wall coming from the gym. I later patrolled the area again at 6:45 p.m. and faintly heard music & thumps from the gym, I was located directly behind the Crossfit gym.

**Monday - On April 23, 2018**, at 5:45 p.m., Jim Heenan, Joy Abaquin, and I observed several patrons from Crossfit Horsepower running out of the front door and around the block. We also noticed the music from the gym could be heard from the street, while the double doors were open. Although, there is not a conditional use permit (CUP) assigned to this gym or building, Jim Heenan advised Ashley (manager) to close the doors due to the music being loud. At approximately 6:00 p.m. I became more involved with this matter after

meeting with the residents. The residents expressed how fed up they were with Crossfit Horsepower Gym. I informed them to include me in the email if they have any further complaints, so I might observe violations while they are occurring on my shift.

**On Friday - April 27, 2018,** As I was doing my proactive patrol in the area, I observed no other activity from any of the businesses on Cypress Ave. or from the homes on Loma Drive. At approximately 5:25 p.m., I received a call from [REDACTED] and responded within minutes. [REDACTED] related the dumbbell drops are light thumps, but you can hear how consecutive they are from the inside of [REDACTED] home. At approximately 5:30 pm, [REDACTED] allowed me to enter [REDACTED] home and guided me into the lower part of the room closest to the gym with the sliding doors. I could hear instantly a variation in sound levels meaning some faint noises and some high intense thumps along with faint vibrations. The sound of the thumps would come and go repeatedly, and in my opinion, the noises heard from within the home was more intense and much clearer inside then the very faint noises heard from outside. I could hear the bass of the music coming from the gym. Observing the noise inside the home the music and thumping sounds increased and almost seemed if the walls amplified the sound as if I was next to a bowling alley. I could easily understand the noise nuisance at intervals during the several classes per day.

**On Sunday - April 29, 2018,** (No Construction Day) I observed no other activity from any of the businesses on Cypress Ave. or from homes on Loma Drive. At 10:45 a.m. I received a phone call from [REDACTED], who advised me the music was too loud. I immediately went to the Gym and positioned myself outside in space between the Crossfit Gym and [REDACTED] (See right side photo of location). While at this location I heard several faint thumping sounds and pressed my hands along the cinder block wall of the gym and felt some slight vibrations of thumps emitted from the gym, no loud music heard. I texted [REDACTED] and asked if I could enter [REDACTED] home to hear the music or thumps. He replied that it could be heard from [REDACTED] garage. As I became closer to the garage in [REDACTED] home, I could hear very faint thumping noises from the drive way, once [REDACTED] closed the garage, I was surprised to hear the noise and thumps clearer and I could hear what sounds like the dropping of dumbbells. Due to a dog barking and children playing outside, I was unable to hear the intensity of the effect it may cause. Again, I can understand the disturbance it would cause on an early quiet Sunday morning.





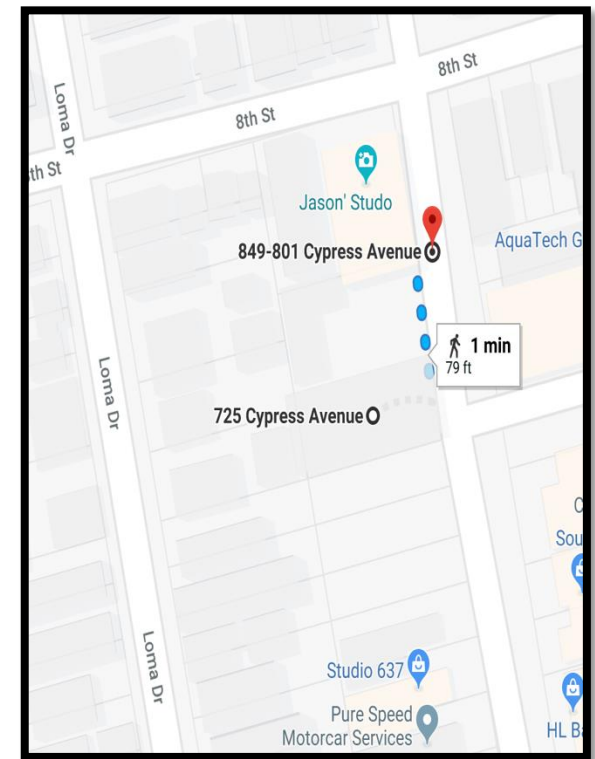
**On May 7, 2018** approximately at 5:07 p.m., I received a Crossfit Gym email complaint from [REDACTED]. At approximately 5:22 p.m., I observed several patrons running in the street and the music from the gym was heard at or about 85ft from the front doors. Once the runners returned to the gym, the music became more intense. Melanie & I patrolled to 700 block Loma Drive, we were able to hear the music from the gym at the front porch of [REDACTED] home, at or about 15ft distance from the gym. We felt several thumps & vibrations every 20 seconds, moderate sounds from the dropping of the weights/dumbbells from within the gym were heard from outside. There were no other activities taking place from other businesses on Cypress Ave. or the residents on Loma Drive during this time.



Multiple runners in and out repeatedly -conducting business outside the walls



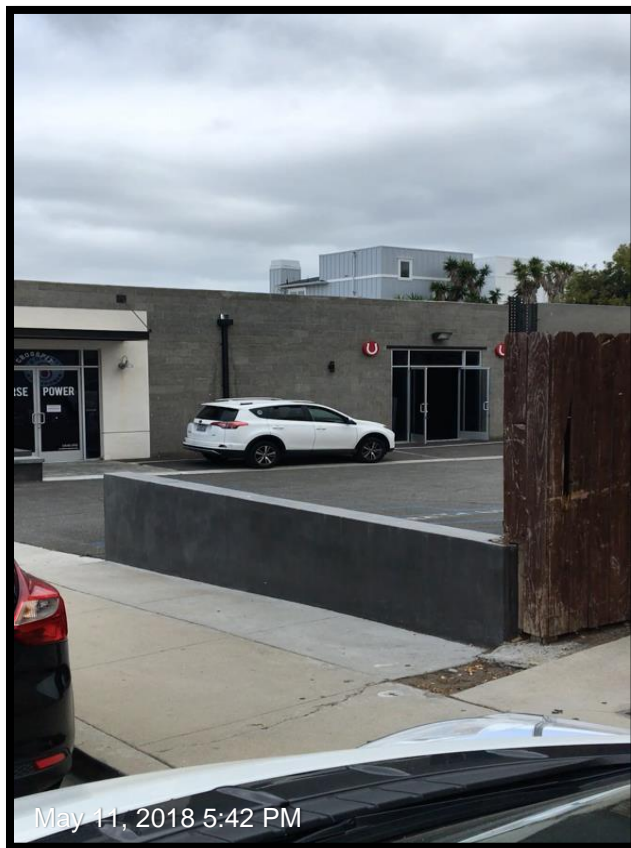
Multiple runners in the street, this is a Safety issue as well as a Nuisance



I was able to hear the thump sounds and music from 85ft away from the Gym on Cypress Ave. on 5/11/18



**On May 11, 2018** I received an email complaint from [REDACTED] for heavy dropping weights sounds being heard from the gym. At approximately 5:41p.m., I arrived at 725 Cypress and observed several patron runners coming out of the front door of the gym and both double doors were left opened. I could hear the music from the gym on the street as well as the sounds of weights dropping (see below video). I was standing in front of Crossfit Horsepower in the street next to my parked vehicle, at or about 85 ft distance. Once the gym personnel noticed my presence they immediately closed the doors. I drove to the Loma drive residents home, all while observing no other activity from the businesses on Cypress Ave. or on Loma Drive. As I approached the location directly behind the Crossfit Gym I could hear the very faint thumps from the gym, along with moderate vibration against the cinder block wall. I waited for the patrons, who were running north on Loma Dr. to return and I could hear the ins and outs of the patrons from the gym based off of the doors being opened and closed, which also caused the music volume and the sounds of the thumps to increase.



Doors left open  
with music & loud thumps – Short Video



Runners, at 800 Block north of  
Loma Dr. violation of HBMC  
17.28.040 (A) being very obvious  
to the residents of Loma Drive.

**From:** [REDACTED]

**To:** Joy Abaquin

**Cc:** [REDACTED]  
[REDACTED]

**Subject:** Crossfit Gym

**Date:** Saturday, April 28, 2018 9:48:52 AM

[City Logo] ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.

Hi Joy,

The banging from the gym was exceptionally loud and annoying yesterday morning. There was banging earlier in the morning, but at 9:45 am, it got much louder! I was trying to get some work done and the constant banging was very disruptive. It sounded like very heavy weights being dropped at regular intervals.

The banging started up again an hour later at 10:45 am and lasted another 20 minutes.

At 4:45pm, the banging started again. It's was still going very strong at 5:20pm.

Thanks,  
[REDACTED]

**From:** [REDACTED]

**To:** [REDACTED]

**Cc:** [Joy Abaquin](#); [REDACTED]  
[REDACTED]

**Subject:** Re: Crossfit Gym

**Date:** Saturday, April 28, 2018 10:19:28 AM

[City Logo] ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.

We felt the dropping of weights at 9:45am as well!

Please put this in your log.

[REDACTED]

**From:** [REDACTED]

**To:** [REDACTED]

**Cc:** [Joy Abaquin](#); [REDACTED]

**Subject:** Re: Crossfit Gym

**Date:** Saturday, April 28, 2018 10:32:40 AM

*ATTN: Email is from an external source; **Stop, Look, and Think** before opening attachments or links.*

Hi, I felt it too this morning and most weekday mornings around 630, running early evenings etc.

I am trying to keep a log of it but it's difficult to keep up with it, however I do have some specific dates and times.

[REDACTED]

**From:** [REDACTED]

**To:** [mstafford@hermosabch.org](mailto:mstafford@hermosabch.org); [Sarmato@hermosabch.org](mailto:Sarmato@hermosabch.org); Councilmember Hany Fangary; Jim Heenan; Joy Abaquin

**Cc:** [REDACTED]

**Subject:** Crossfit gym

**Date:** Thursday, May 03, 2018 8:15:16 AM

[City Logo] ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.

Good morning,

The gym was creating a nuisance again this morning. The banging began a 6:45am.

They are conducting business which is creating a disturbance to it's neighbors in the early morning hours, while many people are still trying to sleep. This is simply wrong, unfair and shows a lack of respect and consideration for Hermosa citizens.

Could someone please address this early morning nuisance with the gym owners asap.

As I am writing this email at 8:12 am, they are banging away again...

Thank you,

[REDACTED]

**From:** [REDACTED]  
**To:** [REDACTED] mstafford@hermosabch.org; Sarmato@hermosabch.org; hfangary@hermosabch.org;  
jheenana@hermosabch.org; Joy Abaquin  
**Cc:** [REDACTED]  
**Subject:** Re: Crossfit gym  
**Date:** Thursday, May 03, 2018 4:36:04 PM

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I also heard it that this am and also the bass from the radio.  
Currently and consistently for the past 10-15 minutes or so they sound like there are more than one person dragging a dumbbell or something. Very annoying sound although it is lighter there is much less time between activity.

[REDACTED]



**From:** [REDACTED]  
**To:** [REDACTED]; mstafford@hermosabch.org; Sarmato@hermosabch.org;  
hfangary@hermosabch.org; jheenan@hermosabch.org; Joy Abaquin  
**Cc:** [REDACTED]  
**Subject:** Re: Crossfit gym  
**Date:** Thursday, May 03, 2018 7:31:32 PM

*ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.*

Must be a certain type of exercise. more constant rumbling sounds for the past 10 minutes.  
I just looked at their blog they are scheduled to do Kettle drags. that exercise you drag a kettle bell across from side to side in push up position. it appears they have to do this constantly for minutes. that explains the constant rumbling sound.  
[REDACTED]

**From:** [REDACTED]  
**To:** Joy Abaquin  
**Subject:** CrossFit running  
**Date:** Saturday, May 05, 2018 1:42:28 PM  
**Attachments:** [IMG\\_2162.MOV](#)

[City Logo] ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.

[REDACTED]

**From:** [REDACTED]

**To:** [mstafford@hermosabch.org](mailto:mstafford@hermosabch.org); [Sarmato@hermosabch.org](mailto:Sarmato@hermosabch.org); Councilmember Hany Fangary; Jim Heenan; Joy Abaquin

**Cc:** [REDACTED]

**Subject:** Re: Crossfit gym

**Date:** Tuesday, May 08, 2018 4:40:24 PM

[City Logo] ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.

Hi All,

It is 4:30 pm Tuesday and the CrossFit Gym is banging away.

I would just like some peace and quiet. This nuisance needs to be resolved ASAP.

Thanks,

[REDACTED]

**From:** [REDACTED]  
**To:** [REDACTED]; mstafford@hermosabch.org; Sarmato@hermosabch.org; hfangary@hermosabch.org;  
jheenana@hermosabch.org; Joy Abaquin  
**Cc:** [REDACTED]  
**Subject:** Re: Crossfit gym  
**Date:** Tuesday, May 08, 2018 4:47:18 PM

*ATTN: Email is from an external source; **Stop, Look, and Think** before opening attachments or links.*

This morning was also very active with weight and music noise starting around 6:40 lasting till about 9am.  
I also the banging starting around 4pm and is on going.  
[REDACTED]

**From:** [REDACTED] <[REDACTED]>

**Subject:** Gym

**Date:** May 12, 2018 at 9:37:11 AM PDT

**To** Stacey Armato : [REDACTED]  
[REDACTED]

[jmassey@hermosabch.org](mailto:jmassey@hermosabch.org), [jheenan@hermosabch.org](mailto:jheenan@hermosabch.org),  
[jduclos@hermosabch.org](mailto:jduclos@hermosabch.org), [hfangary@hermosabch.org](mailto:hfangary@hermosabch.org),  
[REDACTED]

The gym is dropping weights now!  
So fun wish you all could enjoy this!

[REDACTED]

**From:** [REDACTED]

**To:** [mstafford@hermosabch.org](mailto:mstafford@hermosabch.org); [jmassey@hermosabch.org](mailto:jmassey@hermosabch.org); Jim Heenan; [jduclos@hermosabch.org](mailto:jduclos@hermosabch.org); Councilmember Hany Fangary; Mayor Pro Tem Stacey Armato; Joy Abaquin

**Cc:** [REDACTED]

**Subject:** Fwd: Gym

**Date:** Saturday, May 12, 2018 9:52:22 AM

*ATTN: Email is from an external source; **Stop, Look, and Think** before opening attachments or links.*

The gym is banging away again on Saturday morning. This is crazy! Total lack of respect for tax paying HB neighbors!

Regards,

[REDACTED]



**From:** [REDACTED]  
**To:** mstafford@hermosabch.org  
**Cc:** [REDACTED]

[REDACTED] Joy Abaquin; Ken Robertson; [REDACTED]

**Subject:** Re: Council Meeting re. Crossfit Gym

**Date:** Sunday, May 20, 2018 10:51:17 AM

**Attachments:** [image001.png](#)

*ATTN: Email is from an external source; **Stop, Look, and Think** before opening attachments or links.*

Good morning!

It is Sunday at 10:40am and the noise and vibration from the Gym is once again very annoying!

We should be able to relax at home with our families on a Sunday without being subjected to this nuisance.

Your help is appreciated.

Regards,

[REDACTED]

**From:** [REDACTED]  
**To:** Joy Abaquin  
**Subject:** Fwd: Crossfit runners on Cypress  
**Date:** Tuesday, May 22, 2018 1:02:34 PM

*ATTN: Email is from an external source; **Stop, Look, and Think** before opening attachments or links.*

JOy a neighbor wanted me to pass this on to you

[REDACTED]

-----Original Message-----

**From:** [REDACTED]  
**To:** [REDACTED]  
**Sent:** Tue, May 22, 2018 11:12 am  
**Subject:** Crossfit runners on Cypress

[REDACTED],

Here is a video from 11:03 am today, May 22, showing runners going to and from the Horsepower crossfit gym, which in violation of their CUP.

[Click to Download](#)

IMG\_2138.MOV

0 bytes

Thank you,

[REDACTED]

Sent from my iPhone

**From:** [REDACTED] <[REDACTED]>

**Date:** May 24, 2018 at 6:37:19 AM PDT

**To:** [REDACTED] <[REDACTED]>, Meah Stafford

<[mstafford@hermosabch.org](mailto:mstafford@hermosabch.org)>, Stacey Armato <[sarmato@hermosabch.org](mailto:sarmato@hermosabch.org)>, "[jheenan@hermosabch.org](mailto:jheenan@hermosabch.org)" <[jheenan@hermosabch.org](mailto:jheenan@hermosabch.org)>

**Subject: Gym nuisance**

Hello Neighbors,

6:30 am just like clockwork, the pounding has started from the gym.

Already the pounding is sounding like fireworks going off.

When will this stop? Forced to leave my home as soon as possible today.

[REDACTED]

**From:** [REDACTED]  
**To:** Joy Abaquin; [REDACTED]; Meah Stafford; [REDACTED]; Stacey Armato; jheenan@hermosabch.org  
**Subject:** Gym nuisance  
**Date:** Tuesday, May 29, 2018 6:44:06 AM

*ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.*

Hello Neighbors,

The pounding started a few minutes ago at the gym. I just heard about ten drops, a pause, and the pounding is starting again. It is continuing as I write. Distracting, I intrusive, a nuisance.

[REDACTED]

**From:** [REDACTED]  
**To:** Joy Abaquin; [REDACTED] Meah Stafford; Stacey Armato; jheenan@hermosabch.org  
**Subject:** Gym nuisance  
**Date:** Thursday, May 31, 2018 7:23:53 PM

*ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.*

It's 7:16 pm. I have been hearing random weight drops coming from the gym for the last five minutes. There were lighter drops about 6:00 pm today.

I had the television on, and the drops could be heard and felt clearly over the tv's news announcers as I try to sit here on my couch. The drops are continuing in succession now....

[REDACTED]

**From:** [REDACTED]  
**To:** Joy Abaquin; Ken Robertson; [REDACTED]; Meah Stafford; Stacey Armato; jheenan@hermosabch.org  
**Subject:** Gym noise  
**Date:** Monday, June 11, 2018 1:12:46 PM

*ATTN: Email is from an external source; **Stop, Look, and Think** before opening attachments or links.*

I could hear weight drops from the gym off and on from 12:40 to 12:50 this afternoon. I sat down to do some computer work and that is when I was distracted and disturbed by the banging coming from the gym.

[REDACTED]



**From:** [REDACTED]  
**To:** Joy Abaquin; Jim Heenan; [mstafford@hermosabch.org](mailto:mstafford@hermosabch.org)  
**Subject:** Noise

**Date:** Tuesday, June 19, 2018 7:01:58 AM

[City Logo] ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.  
The volume of the radio from the gym can be heard in our residence this morning.

**From:** [REDACTED]  
**To:** Joy Abaquin; [REDACTED] Meah Stafford; [REDACTED]; Stacey Armato; jheenan@hermosabch.org  
**Subject:** Gym nuisance  
**Date:** Tuesday, June 19, 2018 8:43:35 AM

*ATTN: Email is from an external source; **Stop, Look, and Think** before opening attachments or links.*

Hello Neighbors,

I started hearing sporadic banging coming from the gym about 8:20 this morning. Then the banging turned into loud music, shouting, and a bass pumping. Twenty-five minutes of this disturbance as tried to sit at the computer and work. Now as I write this, I hear clanging of weights being set down. Lots of noises coming from the gym this morning. Please address.

[REDACTED]

**From:** [REDACTED]  
**To:** Joy Abaquin; [REDACTED]; Meah Stafford; Stacey Armato; jheenan@hermosabch.org  
**Subject:** Gym nuisance  
**Date:** Tuesday, June 26, 2018 6:50:00 AM

*ATTN: Email is from an external source; **Stop, Look, and Think** before opening attachments or links.*

Hi, Neighbors.

The music is blaring and the bass is pounding from the gym. It is 6:47 a.m.! I feel I am forced to leave my home today just to escape the noise!

Will this ever end?

[REDACTED]

**From:** [REDACTED]

**To:** [REDACTED]

**Cc:** [Joy Abaquin](#); [Meah Stafford](#); [Stacey Armato](#); [jheenan@hermosabch.org](mailto:jheenan@hermosabch.org)

**Subject:** Re: Gym nuisance

**Date:** Tuesday, June 26, 2018 7:26:42 AM

[City Logo] ATTN: Email is from an external source; Stop, Look, and Think before opening attachments or links.

It seems that it has stopped but [REDACTED] described it well. It started around 6:35 am.

[REDACTED]



Tue, Jun 19, 2018 8:46 am

To: you [Details](#) ▾

To Whom It May Concern:

The below is my experience with the Cross Fit gym on Cypress Avenue, Hermosa Beach, CA.

I lived at the apartment complex on 8th Street for 7 plus years. I lived and worked in my home, which was peaceful, until the Cross Fit gym moved in next door. The preparation of the space for the gym was terrible. Sandblasting went on for 3 days and created such a mess. In the hot summer months, having to keep the windows closed due to the extreme dust, was terrible. However awful that was, it did not compare to the noise and vibration the gym created for upwards of 15 hours a day after they opened their doors. I thought I knew what living next to a Cross Fit gym next door would be like. I stressed this to the City Council, neighbors, and the public at an open hearing, before construction began. What I didn't realize, was that their open hours would begin before it was daylight and end well after sunset. More than a 9-5 gym, this gym decided to open their doors just after 6am each day, and would not close until 9pm.

My sole reason for deciding to move from the place that had been my home for the better part of a decade, was the nuisance that the gym created. It was miserable. I was woken up each morning by the vibrations from weights dropping from 'deadlifts', starting around 6:15 am. This would continue periodically all day long. Vibrations were so strong, they rattled the pictures hanging on the walls. Working from home, this was incredibly disturbing to my work life as well. After many city council meetings and emails, with no resolution or end in sight, moving was the better option than staying and suffering through the daily disruption.

I lived there well before the gym opened its doors, back when the space was used as an auto body shop. From personal experience, the auto body shop was a dream neighbor compared to the gym. The auto body shop had limited hours. They opened around 9 and closed their doors around 5, and they were closed on the weekends.

They only occasionally made noise using power tools or lifts and if they did make noise, it was not repetitive, constant, nor bothersome. I never recall feeling vibrations through the floors or having my glassware rattle together. In contrast, the extreme weightlifting at the gym not only made noise when the weights dropped, you could feel each bounce that followed. There might be a strong weight lifter every hour, or every half hour. Each deadlift set that person did, was a set that I could feel in my house. A set that would make me sick to hear and to feel, over and over, and over again - each day. The experience and feeling this produced, is ingrained in me.

Home was no longer a sanctuary; no longer a place to relax. It was very tense, waiting and anticipating the next deadlift vibration. Never knowing a full 30 minutes of peace and quiet during the day. Being woken up each morning to a bounce of the weights next door. I couldn't have imagined how disturbing something like this would actually be, if I hadn't lived there and experienced it.

I feel for my neighbors and friends who are impacted by this, and have a more permanent stake in their home.

Sincerely,