

**From:** Michael Binder <[binder@altitudeaviation.com](mailto:binder@altitudeaviation.com)>

**Sent:** Friday, July 6, 2018 5:53:01 PM

**To:** [Joy.Abaquin@redondo.org](mailto:Joy.Abaquin@redondo.org); Mayor Pro Tem Stacey Armato; Councilmember Hany Fangary; Mayor Jeff Duclos

**Subject:** Crossfit

We are writing in regards to the Crossfit Horsepower Gym on Cypress Avenue. We are requesting that action is taken to thoroughly mitigate the noise and vibrations that emanate from this gym. Up until now, we have endured over 3 years of intermittent vibrations and noise that affect our peaceable living in our own home as well as the homes of many of our neighbors. It is very similar to many small earthquakes and results in our art vibrating on the walls and our TV remotes vibrating on our coffee table. The noise is a constant distraction and it is difficult to concentrate on the task at hand when you are anticipating when the next weight will be dropped. Mitigation measures could include the following:

1. Removing all portions of the workout that involve dropping weights on the ground.
2. Keeping music levels at a reasonable decibel by turning down the stereo and closing all doors and windows while music is on.
3. Moving the facility to a more appropriate location where it won't affect the surrounding neighbors.

We are all for improving people's health and fitness, but not at the expense of the surrounding neighbors' health and well being.

Thank you for your consideration,

Michael and Simone Binder