

From: Liz Torres
To: [Joy Abaquin](#); [Larry N](#); [Meah Stafford](#); [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Gym noise
Date: Thursday, July 12, 2018 12:56:29 PM

Hello Neighbors,

I don't believe my ears. I popped home for a few minutes, and I immediately could hear pounding from the gym. It started about 12:45. Loud drops spread apart. I walked outside and I continued to hear the drops. It is louder and stronger inside my home. It doesn't seem that the gym has controlled their weight dropping! I am leaving now.

Liz Torres
722 Loma Drive

From: larrynak
To: izzztorres@gmail.com; Joy.Abaquin@redondo.org; [Meah Stafford](#); [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Re: Gym noise
Date: Thursday, July 12, 2018 3:27:26 PM

The gym recently explained they moved the weight stations closer to Cypress street. However it wasn't many, but between 9:45 and 10 am we heard 3-4 low frequency noises from the gym.

L. Nakamura

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

From: Liz Torres <izzztorres@gmail.com>
To: Joy Abaquin <Joy.Abaquin@redondo.org>; Larry N <larrynak@verizon.net>; Meah Stafford <mstafford@hermosabch.org>; Stacey Armato <sarmato@hermosabch.org>; jheenan <jheenan@hermosabch.org>
Sent: Thu, Jul 12, 2018 12:56 pm
Subject: Gym noise

Hello Neighbors,

I don't believe my ears. I popped home for a few minutes, and I immediately could hear pounding from the gym. It started about 12:45. Loud drops spread apart. I walked outside and I continued to hear the drops. It is louder and stronger inside my home. It doesn't seem that the gym has controlled their weight dropping! I am leaving now.

Liz Torres
722 Loma Drive

From: Liz Torres
To: [Joy Abaquin](#); [Larry N](#); [Meah Stafford](#); [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Gym nuisance
Date: Sunday, July 15, 2018 11:21:11 AM

Hi Neighbors,

I am leaving for work now. I just would like to report that there were loud drops from the gym at 9:25 am on Friday, and today the heavy drops started at 11:05 am. About 10 drops spaced out. There goes another one as I write. With the TV on and all doors closed, I can still feel and hear them. The street is silent otherwise. Today is Sunday.

Liz Torres
722 Loma Drive

From: Rebecca Nakamura
To: [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#); [Meah Stafford](#); [Joy Abaquin](#)
Subject: Gym noise
Date: Tuesday, July 17, 2018 7:18:57 AM

Just noting that I was hearing weight noise this morning starting at about 6:45am.

Becky

From: Liz Torres
To: [Bruce Burger](#); [Joy Abaquin](#); [Larry N](#); [Meah Stafford](#); [Robert Walsh](#); [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Gym nuisance
Date: Tuesday, July 17, 2018 10:11:53 AM

Hello Neighbors,

I heard a loud drop from the gym at 7:50 this morning. Starting at 9:31 am and lasting until 9:40 am, there were a series of drops totaling 20, an ongoing disturbance.

Note: I went outside to check for other sounds in the area. No construction, no other activity of any kind.

Liz Torres
722 Loma Drive

From: larrynak
To: izzztorres@gmail.com; Joy.Abaquin@redondo.org; [Meah Stafford](#); [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Re: Gym nuisance
Date: Wednesday, July 18, 2018 6:09:27 PM

Hello,

I'm trying to finish some work tasks and for the past 30 minutes or so there is gym noise making it harder to focus. Possibly something different padding designed to reduce low frequency could help eliminate.

L. Nakamura

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

From: Liz Torres <izzztorres@gmail.com>
To: Bruce Burger <brucekburger@gmail.com>; Joy Abaquin <Joy.Abaquin@redondo.org>; Larry N <larrynak@verizon.net>; Meah Stafford <mstafford@hermosabch.org>; Robert Walsh <rawhoops@aol.com>; Stacey Armato <sarmato@hermosabch.org>; jheenan <jheenan@hermosabch.org>
Sent: Tue, Jul 17, 2018 10:11 am
Subject: Gym nuisance

Hello Neighbors,

I heard a loud drop from the gym at 7:50 this morning. Starting at 9:31 am and lasting until 9:40 am, there were a series of drops totaling 20, an ongoing disturbance.

Note: I went outside to check for other sounds in the area. No construction, no other activity of any kind.

Liz Torres
722 Loma Drive

From: Liz Torres
To: [Joy Abaquin](#); [Larry N](#); [Mark Hanna](#); [Robert Walsh](#); [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Gym nuisance
Date: Thursday, July 19, 2018 7:57:04 PM

Hi, Neighbors,

I just stopped off at home for about 15 minutes. I am hearing very loud drops of weight from the gym. They are spaced apart quite a bit. Very annoying. I am glad that I am leaving now to go back to work.

Liz Torres

722 Loma Drive

From: Liz Torres
To: [Bruce Burger](#); [Joy Abaquin](#); [Larry N](#); [Mark Hanna](#); [Michael Binder](#); [Robert Walsh](#); [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Gym Nuisance
Date: Saturday, July 21, 2018 11:11:10 AM

Hello Neighbors,

I was going about my morning routine when I heard and felt a series of drops from the gym - about eight drops, the loudest and strongest disturbance was at 10:56 am.

Liz Torres
722 Loma Drive

From: Liz Torres
To: [Bruce Burger](#); [Joy Abaquin](#); [Larry N](#); [Mark Hanna](#); [Michael Binder](#); [Robert Walsh](#); [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Gym Nuisance
Date: Saturday, July 28, 2018 10:06:02 AM

Hi Neighbors,

Lots of pounding from the gym this last 10 minutes. The drops are spaced apart but definitely distinctive. I had the water running in the bathroom and the TV on and I could still feel and hear the drops. There goes another! The drops started about 9:50 am.

Liz Torres

722 Loma Drive

From: Liz Torres
To: [Bruce Burger](#); [Joy Abaquin](#); [Larry N](#); [Meah Stafford](#); [Michael Binder](#); [Robert Walsh](#); [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Gym nuisance
Date: Tuesday, July 31, 2018 11:01:51 AM

Hi Neighbors,

A clear and heavy series of drops coming from the gym right now. I went outside. No other activities going on in the neighborhood. The drops continue to be distracting and disturbing. The drops started at 10:55 am.

Liz Torres
722 Loma Drive

From: larrynak
To: izzztorres@gmail.com; brucekburger@gmail.com; Joy.Abaquin@redondo.org; [Meah Stafford](#); binder@altitudeaviation.com; rawhoops@aol.com; [Mayor Pro Tem Stacey Armato](#); [Jim Heenan](#)
Subject: Re: Gym nuisance
Date: Tuesday, July 31, 2018 11:29:19 AM

Dear Hermosa Beach,

There was weight noise from the gym from approximately 10:50 to 11:15

LN

From: Mike Owen
To: [Jim Heenan](#); [Mayor Pro Tem Stacey Armato](#); [Councilmember Hany Fangary](#); [Mayor Jeff Duclos](#); [Meah Stafford](#)
Subject: 8:51am
Date: Monday, August 06, 2018 8:52:20 AM

House is feeling drops from gym.

-m

Sent from my iPhone

From: larrynak
To: [Jim Heenan](#); [Meah Stafford](#); staceyarmato@gmail.com; [Mayor Jeff Duclos](#); [Councilmember Hany Fangary](#)
Subject: gym
Date: Tuesday, August 07, 2018 8:32:27 AM

I am working for part of the day. Please note there is noise from weight activity coming from the gym starting just around 8am. Hopefully steps can be taken to reduce/eliminate the low frequency noise caused by the gym activity. Something like Pliteq Xfit series mats seem like something that could help.

<http://pliteq.com/products/geniemat-fit.php>

L. Nakamura

From: Liz Torres
To: [Joy Abaquin](#); [Larry N](#); [Meah Stafford](#); [Mayor Pro Tem Stacey Armato](#); [Mayor Jeff Duclos](#); [Jim Heenan](#)
Cc: [Councilmember Hany Fangary](#)
Subject: Gym nuisance
Date: Wednesday, August 08, 2018 9:53:09 AM

Hello Hermosa,

There has been a lot of loud pounding coming from the gym this morning. It started at 9:20 am and is continuing now as I write. The pounding is coming faster and closer together. No other activity on the block. Today is trash day, but the trucks aren't here yet. It is now 9:51 am. I am leaving home for now.

Liz Torres

722 Loma Drive

From: larrynak
To: [Councilmember Hany Fangary](#); Joy.Abaquin@redondo.org; [Meah Stafford](#); [Mayor Pro Tem Stacey Armato](#); [Mayor Jeff Duclos](#); [Jim Heenan](#)
Subject: gym
Date: Wednesday, August 08, 2018 10:24:19 AM

Please note there is more noise from gym activity this morning. My apologies, the previous emails from the last few months accidentally did not have all the emails addresses on them.

L. Nakamura

From: Liz Torres
To: [Joy Abaquin](#); [Larry N](#); [Meah Stafford](#); [Mayor Pro Tem Stacey Armato](#); [Mayor Jeff Duclos](#); [Jim Heenan](#)
Subject: Gym nuisance
Date: Thursday, August 16, 2018 8:37:32 AM

Hello Hermosa,

The music and pounding bass from the gym is very loud and disturbing this morning. It started at 8:30 this morning. I can hear and feel it inside and outside of my home.

Liz Torres
722 Loma Drive

From: Liz Torres
To: [Joy Abaquin](#); [Larry N](#); [Meah Stafford](#); [Mayor Pro Tem Stacey Armato](#); [Councilmember Hany Fangary](#); [Jim Heenan](#)
Subject: Gym nuisance
Date: Thursday, August 16, 2018 9:52:47 AM

Hello Hermosa,

Lots of activity coming from the gym today. Earlier it was the music and booming bass, now it is random and loud wall-shaking weight drops. Please address this. I am trying to get my work done, and I my concentration is continuously broken by the gym noise.

Liz Torres

722 Loma Drive

From: larrynak
To: larrynak@verizon.net; [Councilmember Hany Fangary](#); Joy.Abaquin@redondo.org; [Meah Stafford](#); [Mayor Pro Tem Stacey Armato](#); [Mayor Jeff Duclos](#); [Jim Heenan](#)
Subject: Re: gym
Date: Tuesday, August 21, 2018 6:55:53 AM

Please note gym weight noise and music starting around 6:40am. Again I suggest that better flooring with acoustical properties be installed to help this issue or that start times be changed to 8 am.

<http://pliteq.com/products/geniemat-fit.php>

L. Nakamura