



Park and Recreation Commission

City of Arts & Innovation

TO: HONORABLE COMMISSIONERS **DATE: NOVEMBER 19, 2018**

FROM: PARKS, RECREATION AND COMMUNITY SERVICES DEPARTMENT

**SUBJECT: UPDATE ON PARKS, RECREATION AND COMMUNITY SERVICES
DEPARTMENT FITNESS CENTERS AND BOXING FACILITIES**

ISSUE:

Receive an update on the Parks, Recreation and Community Services Department's fitness centers and boxing facilities.

RECOMMENDATION:

That the Park and Recreation Commission receive an update on the Parks, Recreation and Community Services Department Fitness Centers and Boxing Facilities and provide feedback as appropriate.

BACKGROUND:

Since 2005, the Parks, Recreation and Community Services Department (PRCSD) has added six (6) fitness centers, two (2) of which include boxing facilities, for a total of 11,825 sq. ft. of combined fitness and exercise space added to the existing inventory of PRCSD facilities. These fitness centers include:

1. Cesar Chavez Community Center
2. Stratton Community Center
3. Arlanza Community Center
4. Dales Senior Center
5. La Sierra Senior Center
6. Ysmael Villegas Community Center

The addition of these facilities help to promote the PRCSD mission of continued health through recreational activities.

DISCUSSION:

The fitness centers are a staple within their neighborhoods and provide residents an opportunity to exercise while gaining a sense of camaraderie with their neighbors. Last year, more than 680 seniors, 500 adults and 140 youth participants utilized the fitness centers during their 15,000 plus

operational hours. Additionally, from these sites, new partnerships stemmed with various agencies (Riverside Community Health Foundation, Optum Fitness, Humana Insurance, Riverside Unified School District, Riverside County Health Department, Kaiser Permanente, Senior Olympics, etc.) offering programs and activities that promote healthy lifestyles through nurturing the spirit, mind and body. The activities and programs include Zumba, line dancing, fitness boot camps, meditation, walking, blessercise, Taking Off Pounds Sensibly (TOPS), chair volleyball/yoga, pickle ball, tai chi, and yin yoga.

In collaboration with these partners, the PRCSD is able to host health fairs, awareness seminars, healthy cooking workshops and demonstrations. Each site has membership fees for youth and adult participants, excluding seniors. The membership includes use of various exercise machines and unlimited access to non-fee based exercise and wellness activities.

In addition to fitness, two of the six fitness centers also house boxing facilities that offer support, training and mentoring to the underserved youth in the Arlanza and Casa Blanca neighborhoods. Staff and volunteers at Villegas and Bryant Park boxing facilities teach young men and women ages 7-17 years the technical side of boxing through determination and competition. Participants gain self-esteem, learn skill, focus, and perseverance while building character. The boxing facilities, staff, volunteers and competitions are certified and sanctioned by USA Boxing, the national governing body for Olympic-style amateur boxing.

In July 2005, the Villegas Park boxing facility opened its doors for co-ed amateur boxing instruction and competitions. The 5,193 sq. ft. facility features a regulation size boxing ring, speed bag & heavy bag hitting stations and various cardio fitness machines. In 2009, the Bryant Park expansion completed with the much anticipated boxing and fitness center opening to the public. Similar in design and programming, the 5,412 sq. ft. facility offers many of the same amenities as Villegas Park including additional weight and fitness machines for enhanced conditioning programs.

Between the two boxing facilities, more than 11,000 contacts and 720 registered participants were recorded last year. In addition to the Monday through Friday workout regimens, three USA Boxing sanctioned amateur shows were hosted within the last year at both boxing facilities. Several hundred spectators enjoyed the amateur shows that featured athletes from boxing clubs across California and as far away as Nevada.

The PRCSD is proud to serve hundreds of residents annually who are on their way to a healthier lifestyle.

FISCAL IMPACT:

There is no fiscal impact associated with this report.

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Attachment: Presentation