

## South Bay Upscale Health Club Transforms Into Art Gallery for Charity

Written by Australian Business

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LOS ANGELES, CA, September 28, 2013 /**24-7PressRelease**/ -- Spectrum Athletic Club at South Bay (2250 Park Place, El Segundo) will transform itself into an art gallery November 1 - 9 featuring the talents of local artists, including Bo Bridges, George Marlowe and Karin Civit-Johnson, who will showcase their works. The public is invited to view the exhibit and 20% of all sales will benefit the Cancer Support Community of Redondo Beach. The event will culminate on Saturday, November 9 at a reception at the club where the public can meet the artists, bid via silent auction and enjoy samplings from the menus of such local restaurants as Tin Roof Bistro, Fresh Brothers, Cozymels, Fish Bar, Mendocino Farms and Macaroni Grill. For more information, call (310) 643-6878.

Cancer Support Community-Redondo Beach is a complete resource destination for those affected by cancer. CSC-RB provides over 150 free programs per month of emotional support, education and hope for people with cancer and their loved ones. Services include on-going drop-in networking groups, informational brochures, weekly support group programs, Kids Support Community, stress reduction and mind-body activities, educational lectures and workshops on nutrition and treatment. For more information, visit <http://www.cancersupportredondobeach.org>.

On the heels of a multi-million dollar renovation and improvement campaign, Spectrum Athletic Clubs boast spacious, modern facilities, highly trained staff, the latest in fitness equipment, high-end amenities and a full range of fitness programming. Spectrum prides itself in providing a fitness experience designed to help its members achieve their individual goals. For more details about memberships or fitness class information, visit <http://www.spectrumclubs.com>.