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## New fitness facility takes working out to maximum levels



Photo Vera Kochan

F45 Training facility in Rheem Valley Shopping Center

By Vera Kochan

F45 Training, a high-intensity, group workout gym has recently opened its doors at 535 Center St. in Moraga's Rheem Valley Shopping Center, utilizing the former Mycra Pac building.

The "F" stands for functional training, which is a combination of circuit and HIIT (High-Intensity Interval Training). This style of working out is geared toward everyday movement, but the individual pushes themselves to maximum levels

with less periods of rest in between. The "45" stands for the total amount of minutes for a sweat-dripping, heart-pumping workout.

Owner and operator Kristen Morcos has been a Certified Trainer since 2013. "I've been involved with sports all my life. It's what made me decide to start training people," she said. "I wanted to wake up every day and make people healthy and happy."

In 2016, Morcos opened

her first F45 in San Mateo. Last year she and her husband moved to Moraga during the pandemic and welcomed a new baby in September. She was not daunted by the fact that a 24 Hour Fitness was located on the next block. "They don't offer what we do. F45 provides personal training in a group environment at a fraction of the cost."

The workouts are modified for each individual – regardless of age. It's designed for people to participate six days a week, and there's a mixed regimen on a daily basis with a possibility of 45 different types of sessions.

"We're huge on community, and we don't have mirrors inside," said Morcos. "It's so that you focus on you and the team training atmosphere." All of F45's instructors are called coaches, and are experienced trainers.

"I want to bring health and fitness to the community," Morcos stated. "It's so important to have that right now."

For more information visit: [www.F45training.com/moraga](http://www.F45training.com/moraga).

## LLC reopens doors thanks to foundation efforts

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"We try to bring interesting and enriching programs, most of which are free, to Lafayette. Things you may not expect to happen in a small town library because we've always been a small town library that thinks really big."

The popular Distinguished Speaker series has continued throughout the past year via Zoom. Until further notice, this program will continue to be virtual with Joyce Carol Oates and the winner of the fifth annual Joyce Carol Oates prize appearing on May 5.

One of the programs Blumenfeld is most proud of is bringing children's authors into the Lafayette schools.

"With so much social unrest last summer, community groups were creating equity, diversity and inclusion programs," she describes. "In partnership with the city, we've been bringing in guest authors to provide a virtual story time to our elementary students." She notes that they look for books "about unsung heroes, people who have done amazing things so we can introduce children to this new history. Teachers and school librarians have been thrilled to have these enriching programs brought to their virtual classrooms."

There have already been six or seven of these presentations and each author has done a story time for the kids. The LLLCF donates a copy of each book to all four elementary schools as well as a copy

to the Lafayette library.

Jeff Gottesfeld, author of "Twenty-One Steps: Guarding the Tomb of the Unknown Soldier," was the most recent guest author, reading his book to almost 250 fifth-graders earlier this month. (Gottesfeld is also virtually presenting this incredible book through the Distinguished Speaker program on May 20.) Blumenfeld was so excited to bring this book, with its strong civic message, to the students and Gottesfeld reports that the reception from the kids was great. "I was supposed to talk for about 50 minutes but even after the bell rang, approximately 40 kids stayed online to ask more questions."

For more information on the LLLCF and its programs, or to donate, go to [LLLCF.org](http://LLLCF.org).



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# LAMORINDA WEEKLY

## 2021 Graduation Advertising Opportunity, May 26th edition

This year we are offering an advertising opportunity for families of graduates to go with a list of all graduating seniors that we will publish in our May 26 issue.

To order ad space and submit content and selections please use our online form or contact Wendy Scheck at [wendy@lamorindaweekly.com](mailto:wendy@lamorindaweekly.com) or 925-377-0977.

Templates and submission form can be found on our website at [www.lamorindaweekly.com](http://www.lamorindaweekly.com)

Template A



Template B



Template C



Template D



Template E



## Mitigation measure at Brown Avenue and Deer Hill approved, artist's donation of custom birdhouses accepted

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Concerned about the appearance of public spaces along Mt. Diablo Boulevard, Anduri suggested the involvement of the Public Arts Committee would be appropriate.

Moran said research he has conducted on allowable alterations and Bigbelly units observed in neighboring cities (such as Walnut Creek) show modifications such as wraps or painting the industrial containers exteriors can be made. Moran noted that capacity issues and the mixing of trash with recyclables in the existing Republic receptacles despite color-coding and markings on the exteriors means high-use areas have overflow issues and contamination is frequent when people mistakenly mix trash and recyclables. The result? More trash is left on the ground and street or is ending up in landfills. Especially in highly populated areas like Plaza Park, the Bigbelly high-capacity units that use solar power to compact cans, track internal capacities and maintain safety features will require lower maintenance and

through this and other ways outlined in the staff report will reduce carbon emissions.

A decision was made to move the item to the April 26 meeting after more research is completed regarding permissions and the cost of artistic wraps or paint to improve the aesthetics of the replacement receptacles.

One item relating to both aesthetics and traffic not pulled from the consent calendar for conversation was a report and recommendation from the Public Art Committee to accept the donation of custom birdhouses created and installed at various locations in Lafayette by artist Greg Moeller.

The PAC reviewed a letter of complaint regarding birds and squirrels occupying the birdhouses and deemed Moeller's public art installations did not violate any municipal codes. Furthermore, the report states the birdhouses are compatible with the city's aesthetics and natural environment and a cooperative arrangement with the artist as to maintenance and future installations has been agreed upon.