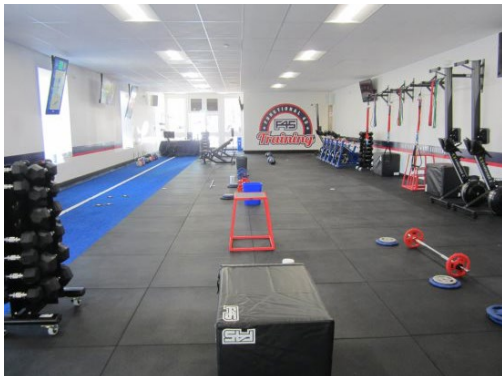


Published April 28th, 2021

New fitness facility takes working out to maximum levels

By Vera Kochan



F45 Training facility in Rheem Valley Shopping Center Photo 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.

Reach the reporter at: vera@lamorindaweekly.com

[back](#)

Copyright © Lamorinda Weekly, Moraga CA