



**~ HE'S ALL ABOUT LAMORINDA ~**



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**New Gym Opens in Downtown Lafayette**

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After seeing results in CrossFit training, Watson too became hooked and with her encouragement, they opened Lamorinda

CrossFit together.

What makes Lamorinda CrossFit's founding unique is they opened the gym in honor of Wat-

son's late brother, Sgt. Gabriel Guzman. Twenty-five-year old Guzman was serving in the Army with the 82nd Airborne when he was killed in Afghanistan on March 8, 2008. Watson found out the news while in labor before her daughter was born. Watson and her brother were very close, and she knew since he was a fitness enthusiast, he would have loved CrossFit. So in his honor, she used the money he left her to finance Lamorinda CrossFit and open it with D'Angelo, a Navy Gulf War veteran.

As a mom with two children, Watson enjoys CrossFit because it's convenient, intense, workouts can be completed in half hour or less, and for the sense of community. "We cheer each other and motivate each other. It's not like taking a class at the gym and no one talks to each other and then you leave," Watson explains.

Finally, both D'Angelo and Watson agree that the best feature is that a personal trainer will always be there to motivate you – not only making sure you are doing it correctly, but watching that you are doing it safely. In addition, each workout is unique. "Routine is the enemy. We specialize in not specializing in anything," says D'Angelo.

Lamorinda CrossFit offers classes seven days a week. All are invited to their grand opening open house on Sunday, January 24th from 10:00 a.m. – 3:00 p.m. Also they are offering a special where your first visit (one-on-one assessment and workout) is free.

Lamorinda CrossFit is located at 1031 Blackwood Lane in Lafayette. For more information call 925-284-9348 or email [anni@lamorindacrossfit.com](mailto:anni@lamorindacrossfit.com), and check out their website at [www.LamorindaCrossFit.com](http://www.LamorindaCrossFit.com)

**Lamorinda Home Sales continued**



<b>LAFAYETTE</b>	Last reported: 11
LOWEST AMOUNT:	\$605,500
HIGHEST AMOUNT:	\$1,595,000
<b>MORAGA</b>	Last reported: 6
LOWEST AMOUNT:	\$155,000
HIGHEST AMOUNT:	\$1,100,000
<b>ORINDA</b>	Last reported: 8
LOWEST AMOUNT:	\$705,000
HIGHEST AMOUNT:	\$1,625,000

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

- LAFAYETTE**
- 881 Avalon Court, \$1,255,000, 3 Bdrms, 2085 SqFt, 1955 YrBl, 12-24-09
  - 3025 Bradbury Drive, \$975,000, 4 Bdrms, 2076 SqFt, 1963 YrBl, 12-18-09
  - 3363 Carlyle Terrace, \$840,000, 3 Bdrms, 1791 SqFt, 1955 YrBl, 12-15-09
  - 11 Dianne Court, \$1,075,000, 4 Bdrms, 2804 SqFt, 1976 YrBl, 12-23-09
  - 870 Las Trampas Road, \$605,500, 2 Bdrms, 2166 SqFt, 1952 YrBl, 12-23-09
  - 3487 Monroe Avenue, \$750,000, 3 Bdrms, 1551 SqFt, 1992 YrBl, 12-18-09
  - 3407 Moraga Boulevard, \$1,000,000, 3 Bdrms, 2111 SqFt, 1941 YrBl, 12-15-09
  - 567 Silverado Drive, \$900,000, 4 Bdrms, 1851 SqFt, 1959 YrBl, 12-17-09
  - 3976 South Peardale Drive, \$1,035,000, 5 Bdrms, 2128 SqFt, 1941 YrBl, 12-11-09
  - 4020 Tilden Lane, \$1,595,000, 3 Bdrms, 2386 SqFt, 2008 YrBl, 12-17-09
  - 1041 Upper Happy Valley Road, \$1,325,000, 3 Bdrms, 1450 SqFt, 1910 YrBl, 12-16-09
- MORAGA**
- 118 East Ascot Court, \$155,000, 1 Bdrms, 858 SqFt, 1970 YrBl, 12-14-09
  - 322 Birchwood Drive, \$875,000, 3 Bdrms, 2193 SqFt, 1969 YrBl, 12-18-09
  - 168 Miramonte Drive, \$349,000, 2 Bdrms, 1134 SqFt, 1966 YrBl, 12-16-09
  - 294 Paseo Bernal, \$609,000, 3 Bdrms, 2018 SqFt, 1980 YrBl, 12-18-09
  - 203 Tharp Drive, \$965,000, 5 Bdrms, 2452 SqFt, 1968 YrBl, 12-16-09
  - 100 Walford Drive, \$1,100,000, 5 Bdrms, 2340 SqFt, 1963 YrBl, 12-17-09
- ORINDA**
- 14 Beaconsfield Court, \$720,000, 4 Bdrms, 2073 SqFt, 1960 YrBl, 12-16-09
  - 48 Camino Encinas, \$800,000, 3 Bdrms, 1745 SqFt, 1954 YrBl, 12-22-09
  - 2 Donald Drive, \$1,625,000, 1 Bdrms, 832 SqFt, 1965 YrBl, 12-15-09
  - 10 Edgewood Court, \$810,000, 4 Bdrms, 2231 SqFt, 1966 YrBl, 12-17-09
  - 3 Estabueno Drive, \$767,500, 3 Bdrms, 1798 SqFt, 1953 YrBl, 12-11-09
  - 70 La Cuesta Road, \$705,000, 4 Bdrms, 1352 SqFt, 1974 YrBl, 12-15-09
  - 116 Via Floreado, \$1,225,000, 3 Bdrms, 2731 SqFt, 1978 YrBl, 12-15-09
  - 26 Via Moraga, \$1,275,000, 4 Bdrms, 1776 SqFt, 1968 YrBl, 12-17-09

**Lamorinda Foreclosures continued**

- LAFAYETTE**
- Happy Hollow Court, Rww Properties, 12-02-09, \$589,300, 2081 sf, 4 bd
  - Highland Court, JP Morgan, 12-08-09, \$680,000, 2091 sf, 4 bd
  - Los Arabis Drive, JP Morgan, 12-09-09, \$1,351,689, 2634 sf, 4 bd
- MORAGA**
- Ascot Drive #135, Ready Realty Investors Fund, 10-29-09, \$125,000, 713 sf, 1 bd

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