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Moraga Boot Camp Back in Action

By Lou Fancher



Boot Camp at the Commons Park Photo Andy Scheck

Moraga Boot Camp is kicking into action under the guidance of Martin Sadalski, the owner of Kinetic Fitness Consulting and selected heir to departing instructor Tim Bayley.

Bayley, a championship runner hoping to make the British team for the London Olympic Games in 2012, is off to Boston. Leaving behind a devoted group of Lamorinda women who grunt, groan and gain muscularity each morning at the Moraga Commons, the well-loved instructor asked Sadalski to continue the program.

"Tim and I spent a good week going over details of the class," Sadalski explained. "I have worked with Tim in the past, so I was familiar with his background and training style."

Toss aside any image you hold of smarmy, sweaty male recruits crawling on their bellies through a field of mud - this boot camp is made up of women like Moraga's Leslie Price.

"I heard about it from my friend Marianne Evenhuis, who is a cute, skinny gal. I was complaining to her about my middle-age weight gain and she suggested I come to boot camp to get my booty in better shape," Price wrote in an email.

Price, who joined the class one year ago, thrived under Bayley's enthusiastic, upbeat approach and his frequently uttered, "Come on girls, you can do it!"

"When you are 49 years old (and) hauling your butt up the hill at the Moraga Commons, it feels nice to be called 'girl'," she joked.

The class is outdoors, amidst fresh air and friends. Free from clocks and kids, Price appreciated the beauty of the park and accomplishing something significant by 9:15 in the morning.

Sadalski is offering the boot camp on a Monday, Wednesday, Friday at 8:15 a.m. schedule and starting in September, he will add Sunrise Yoga on Tuesdays.

"Once I gauge the interest, we may add in a 9:15 class and a five day a week option is also in the works," he said.

Price has taken two classes with Sadalski and was grateful he has continued many of Bayley's ideas and general approach.

"Classes will be fun, yet challenging," Sadalski promised. "You will be pushed, but have the room to hold back. We will focus on full body circuit style training to burn the most fat in the least amount of time."

In addition to strength and endurance training, balance, flexibility, wellness and nutrition will bring Moraga Boot Camp participants to what Sadalski calls body balance. Pricing is \$150 for a ten class pass and other than water, a yoga matt and dumbbells, the only thing Lamorinda women need to pack is personal power.

All classes meet at the Moraga Commons Park inside the Bandshell at the north end of the park. For more information, visit www.kineticfitnessconsulting.com.

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