

# Moat House Leisure Centre Newsletter!



## Moat House News

- Good luck to everyone doing an event in May 😊😊
- Please look out for the Coventry on the move in parks initiative, some taking part in the nearby Wyken Croft Nature Park, [www.coventry.gov.uk/covonthemove](http://www.coventry.gov.uk/covonthemove)
- Congrats to Malcom Fitzgerald who won April 2018 gym challenge. Jag Bansal was in second place followed by staff member Lee Greenhough. Well Done to all who took part 😊
- Fantasy football league is coming to an end in May and currently James Lakin is leading the way but there is still chance for others to win.
- Join "Biggest loser" today to kick start your weight lose goals.



## Upcoming Gym Challenges

May 2018

Thor Hammer Hold  
(Dumbbell)



Please see an instructor if you want to complete these challenges.

## Class of the month April 2018

Boxercise  
(Friday 18:30-19:30 pm)  
Sohal Pathan:

This month was a good month for classes and very close between a few classes.

Please complete voting slips for your instructor of the month, providing your full name or membership number or leave a positive comment online about either an instructor or class as well 😊

Daniel White  
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Fitness Instructor and editor

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## Future Events:

May 2018:

6<sup>th</sup> Birmingham 10k race

- Graham Nicholson

7<sup>th</sup> Mayday 10K

[www.kenilworthrunners.co.uk/our-races/37-mayday-10k.html](http://www.kenilworthrunners.co.uk/our-races/37-mayday-10k.html)

20<sup>th</sup> Coventry Sprint Triathlon

<https://covtri.co.uk/coventry-sprint-triathlon/>



June 2018:

3<sup>rd</sup> Summer Wolf Run

- Dan, Graham Nicholson, David Cairns, Stuart McDonald, Educate Team.

10<sup>th</sup> Two castles run (10k)

- Dan White, Simon Blay, Graham Nicholson, Chris Godber

Please keep an eye out on the gym events board for more going on in 2018!

## Motivational quote

May

"Know your limitations, then defy them"

(Kyle Gilchrist - Fitness Instructor)

## Longest Active Members to-date

The Moat House team would like to thank both Robert & Rose for continuing to use our gym for the past 8 years and will reward both for their loyalty.

Robert Brown, 60.

"I have been coming to the Moat House gym now for nearly 9 years and before I started coming I didn't do any exercise at all and had a lot of work related stresses. My first impressions of the centre was that it was clean, nice, friendly and tidy. These days I exercise 5 times a week and use both centre for gym and swimming activities which has helped me to destress, feel healthier and maintain my fitness level. I enjoy exercise and coming to the gym which is now part of my life".

Rose Wiltshire, 70.

Rose has been coming to the gym for the past 8 year. She started in the gym then progressed to taking part in exercise classes on a daily basis and sometime even doubling up by taking part in a classes both in the morning and evening.

Please share your experience or story with us as we would love to hear your journey 😊

## Social Media

Please follow, share & Like our posts.

**Facebook:**

- Moat House Leisure & Neighbourhood Centre
- Moathouse running club

## Try This!!

Looking for a new exercise routine for your abs this month then please give this mini ab workout a go. This is a pyramid method which will condition your abs as well as improve on the stamina, strength and shape. Try this workout two to three a week to see a difference in your core. 😊

**Ab Exercise name & order:**

- 10 Crunches
- 20 Reaches
- 30 Russian Twist
- 40 Leg Raises
- 50 Plank Ups
- 50 Crunches
- 40 Reaches
- 30 Russian Twist
- 20 Leg Raises
- 10 Plank Ups

**Enjoy #Motivation**

## Shout out!

We are five months into 2018 and as a fitness team we have been noticing the progress of some members and would like to share their progress. **Well Done!**

**Janet Winterburn:**

"Having been a member since the start of the year she has improved on her Cholesterol, sugar level & High Blood pressure readings with regular exercise & healthier eating".

**Ray Wakeling:**

"Having only recently re-joined the Moat House after a few years away from exercise, Ray has started off where he left off by continuing to train daily and recently losing two stone in weight. He aims to take part in running events later this year".

## Instructor of the month April 2018

Sohal Pathan is the most voted instructor for the month. Well done 😊😊😊.

Please continue to vote for your instructor of the month as these instructors need your votes 😊😊😊.

## Event Write up

Warwick Half Marathon:

**Chris Godber:**

Well after the disappointment of the Coventry Half being cancelled we finally managed to take part and complete the Warwick half marathon in aid of The Myton hospice raising just under £1,000. The training was tough at times with some horrible weather thrown into the mix (but not even the Beast from the East could stop some of the runners getting out). The Moat House staff / Moat House running club members really do deserve a lot of credit for starting and keeping the run club running (pardon the pun). One of my highlights was training with a work colleague Holly who came from running an occasional 5k on a Thursday evening to joining me twice a week at 6.15am before work (must be mad) and an occasional weekend putting in some 10 and 13 milers, it was an absolute delight to be there when Holly completed her 1<sup>st</sup> half Marathon.....



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