

Moat House Leisure Centre Newsletter! April | Issue 35



Moat House News

- The new gym is here, we've been re-open since Thursday 14th March! We love it ☺
- The new class timetable for April-June is here! Any suggestions for the next timetable let us know!
- We say goodbye this month to **Owen Wint** who's last class with us is Wednesday **April 10th**. Owen we will miss you!
- Have you converted your membership? You can change and convert to the **£15.99** site only contract for the best price going to use the Moat House and use our new state of the art Technogym filled gym.
- Download the MyWellness App for the best experience in the gym ☺



New Classes this April-June

- **Tuesday @5:15 – Beginners circuits with Kathy**
- **Tuesday @7 – Kettlebells with Noel**
- **Friday @7:15 – HIIT with Amena**
- **Sunday @9 – Spin with Kathy**

Let us know how you get on with these new additions!

Biggest Loser 2019



With weigh ins in **April, June, September** and **December** you can continue to monitor your progress throughout 2019 and strive to better yourself.

Good luck to you all ☺

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Health and Fitness Manager

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Future Events:

April 2019:

7th Leamington 10K

<https://www.regency10k.co.uk/>

May 2019:

10th-12th Body Power

<https://www.bodypower.com/uk>

BODYPOWER™

May 2019:

19th Coventry Sprint Triathlon

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



June 2019:

10th Two Castles 10K Run

<http://twocastlesrun.org.uk/>



Please keep an eye out on the gym events board for more going on in 2019!

Motivational quote

April

“Old ways don't open new doors”

Welcome to the new gym ☺

Moat House Fitness
Instructor - Joe Leake

Coventry Half Marathon

The Coventry Half Marathon took place on Sunday 24th March. Last year this event was cancelled due to the "Beast from the East", this year was rather different and we had perfect running conditions. Just over 3,200 runners took to the streets of Coventry for this 13.1 mile journey, what a day ☺



Shout out

Member shout out ☺

The amazing **Caroline Jobling!** Caroline has been a regular here at the Moat House for several years now but on Sunday 24th March took part in the Coventry Half Marathon, her first ever Half. After running with the running club on a Friday, and regular classes and gym sessions has built up some incredible fitness and smashed the Half Marathon in **2 hours 31 minutes**. An absolutely stunning achievement! We should all be more Caroline ☺

Staff shout out ☺

Noel Evans. Noel has been fantastic covering over the last few months whilst we went through the last phase of the old gym and the new extension in our beautiful new gym. Noel is knowledgeable, enthusiastic and loves a Kettlebell! This month sees Noel having a new Kettlebell class on a **Tuesday at 7PM**, and has recently covered Core Fit and Fitball, with some great feedback (must have been the blonde ☺)

Please continue to give feedback on who you feel deserves a shout out or a nomination as an instructor, Moat House Fitness Team

Gym open day – Grand opening

On Tuesday April 16th we will be having an open day with for the new gym alongside the Moat House Community Trust (MHCT). The MHCT will be running there Easter Egg hunt and we will be looking at providing access to the gym that day for the public. Please look out for more information on the timings of events on site, on social media or our website ☺



Meet our new gym instructor!

Aaron Nicely will be joining the Moat House Gym Team in April, starting on the 20th April. Please say hello and use his great boxing background. Aaron fights at light heavyweight. Welcome to the team Aaron! Aaron is in red ☺

