

Moat House Leisure Centre Newsletter! August | Issue 39



Moat House News

- We are selling Protein Shakes and Protein Bars for **£2.50** each, repay the body and build those gains!
- Our monthly **£15.99** contract or **£19.99** non-contract site-only memberships are the best price going to use the Moat House, including access to over 30 exercise classes and use of our new state-of-the-art fitness suite.
- With the summer holidays fast approaching, are you looking for anything to do with your kids? Juniors aged 13-15 can join on a junior add on @ £10:35 a month when attached to an adult membership.
- Download the MyWellness App for the best experience in the gym 😊



Simon Blay
Health and Fitness Manager

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Fast Classes

Fast classes are here! Every **midday** one of our instructors will lead a **20 minute** class on the gym floor. Spice up that lunch and shape up!



Spin Bikes

We are now able to provide up to **20** spin bikes per class! Come and book on to one of our sessions!



Motivational quote August

Fitness Instructor - Sam McKeown

“Don’t expect to be motivated every day to get out there and make things happen. You won’t be. Don’t count on motivation, count on **DISCIPLINE!**”

Future Events:

August 2019:

4th Myton Hospice Cycle Event
<https://www.mytonhospice.org/our-events/event/mytons-cycle-challenge-2019/>

Massey Corporate 5 – 5K
<https://www.eventrac.co.uk/enter-race/6309#anchor>



Massey Ferguson Runners
Going further since 1977

September 2019:

8th Great North Run – Half Marathon
<https://www.greatrun.org/great-north-run>



7th & 8th Wolf Run
<https://thewolfrun.com/>



Please keep an eye out on social media and around the Moat House for all you need to know and more in 2019!

Have you got anything for us? Please email moathouseblue@coventrysports.co.uk with any relevant information we can share 😊

Events over the summer

The Community Trust team are putting events on over the summer, take a look and see if any suit you;

European City of Sport Festival:

- Our Family Fun Day is on **Tuesday 6th August 13.00 - 17.00**; free entry with £4 wristband for children which includes either a Burger or Hot Dog & drink plus unlimited access to Fairground rides; this year includes 'Bungee'

Holiday Club:

- This runs 11.00 - 14.00, Tuesday, Wednesday & Thursday for 5 weeks and starts Tuesday 30th July. This is open to all ages - up to 8yrs must be accompanied by carer. You receive a free 2 course meal, snack & drink; games, sports arts & crafts.

Day Trips:

- Stanwick Lakes - 15th August
- Great Yarmouth - 30th August
- Nottingham Boat Trip - 19th September



Fantasy League!

Join our Fantasy Premier League for the upcoming season. Get your team in, in our Moat House league using the code **bs8084** on;

<https://fantasy.premierleague.com/>

Entry deadline is August 9th @7PM!

Good luck and may the best man or woman win 😊



Shout out!

Staff shout out! This month we welcomed **Candy** back full time and what a positive impact Candy has made with great feedback about her Trim & Tone class and Zumba! Catch Candy during the week teaching Clubbercise, Pilates, Trim & Tone and Fitball!

Member shout out! Our own Lisa Abbott picks **Chris Godber** for August! Chris trains consistently, maybe talks a bit too much, but always has fun whilst doing so. His is everything the Moat House is about, he gives encouragement to others, and he's motivating and is great to have around. Keep it up Chris!

Instructor of the Month

Joe Leake is our instructor of the month for July! Joe has put in many hours and helped cover a variety of classes during the last month. Joe is fantastic on the gym floor helping all ranges of members to achieve their goals. Catch Joe every Friday @5:30PM with his Core Fit class and help you shape up! Keep it up Joe 😊



Class of the Month

Our classes of the month for July go to both one instructor, **Emma Peabody!** Emma delivers fantastic classes but in particular her Spin on a Tuesday morning @9:30AM and her Thursday night Pilates @6PM are having fantastic turn outs. Whether you are looking to really get the heart pumping and the sweat pouring or a relaxing and calm hour the range of classes Emma delivers will help you. Well done Emma!

Have you got a shout out? Let us know who you think deserves some praise 😊