

Moat House Leisure Centre Newsletter! December | Issue 42

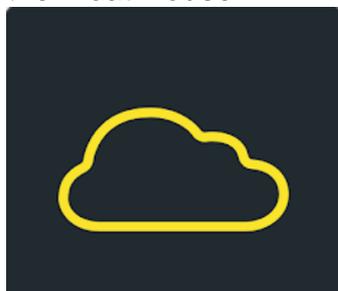


Moat House News

Merry Fitness!



- The Classes stop on Sunday 22nd December with Spin as our last class of 2019, and return on Thursday 2nd January 2020 with 30/30 & Pilates.
- The café is closed from Saturday 21st December 2019 and will reopen on Monday January 6th 2020
- We have added two Kettlebell classes on our next class timetable, **Jan-Mar**, on a **Tuesday morning @7-7:45AM** with Noel Evans and a **Sunday morning @9:45-10:30AM** with Zoe Scott.
- Strength & Conditioning on Mondays @9AM will now run for 45 minutes.
- Our monthly **£15.99** contract or **£19.99** non-contract site-only memberships are the best price going to use the Moat House!



Christmas opening times

Monday 23rd – 06:45-22:00
Tuesday 24th – 07:00-14:00
Wednesday 25th - **CLOSED**
Thursday 26th - **CLOSED**
Friday 27th – 07:00-17:00
Saturday 28th – 07:45-17:00
Sunday 29th – 07:45-17:00
Monday 30th – 07:00-17:00
Tuesday 31st – 07:00-14:00
Wednesday 1st - **CLOSED**
Thursday 2nd – 06:45-22:00

**Have a Merry Christmas
and Happy New Year!**

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!



NEW 20min FAST CLASSES
at Moat House Leisure Centre

Starts 17th June 2019
Monday - Sunday • 12pm

Pick up our new Group Exercise timetable or
contact reception on 024 7684 1720 for more information



Simon Blay
Health and Fitness Manager

Simon.blay@coventrysports.co.uk

Future Events:

Santa Claus is coming to town ☺

The Moat House Community Trust have **“Santa on Tour”** on **Friday 6th December** 3.30PM – 5.00PM; it’s **FREE** with a gift for each child that comes to great Santa.



**December 8th –
Draycote Water Santa Dash
5 mile Run**

<https://www.theraceorganiser.com/race-course-map/draycote-water-santa-dash-5-mile-08-12-2019-09-45-1>

<https://www.facebook.com/MH LNC/>

<http://coventrysports.co.uk/>

Have you got anything for us?

Please email;
moathouseblue@coventrysports.co.uk



Christmas workout!

12 days of Christmas workout;

Start on exercise 1, then exercise 1 and 2, then exercise 1, 2, 3 etc, until you get to 12!

1. One 30 second plank
2. Two Jumping Jacks
3. Three Mountain Climbers
4. Four Press ups
5. Five Kettlebell swings
6. Six air squats
7. Seven Russian Twists
8. Eight Single Leg Lunges
9. Nine Step ups
10. Ten Inch Worms
11. Eleven Side Lunges
12. Twelve Burpees

Get some Christmas music on and build up a sweat, let us know how you get on, that Turkey isnt going to earn itself!



Class of the Month

Over November we had some great class numbers. Monday morning **Strength and Conditioning** and Tuesday night **Clubercise** deserve a shout out, but **Boxercise** with Sohal on a Tuesday @6PM is doing it again, running at full capacity and more some weeks! Come on down each Tuesday and Friday for Boxercise @6PM. A super workout with pad work and high intensity exercises thrown in! Get your Box on!

Motivational quote December

“Santa Claus is coming to train.”

Moat House Fitness Team

Inspiring story

Chris Hobbs! Chris has lost 2 stone in weight, running more and attending the 7AM Circuit class since it started in June. Chris attends the gym regularly 3 times a week and more! See more in January about Chris’s journey ☺



Member of the Month

Jaspreet Kaur!

Jaspreet is our member of the month, here’s a little piece from Noel on her progression over the last few months ☺

“As a gym instructor at the Moat House I see great improvements everyday on the gym floor and in the classes. One such example is Jaspreet who attends the coached Kettlebell class on a Tuesday evening who through regular attendance has shown remarkable improvements in strength and technique. The ability to swing a Kettlebell efficiently, to move it, to push it and press it are all skills that Jas now displays along with many other members of the class. As an instructor this improvement in others is what I love to see and when I see such improvement it needs to be shouted out! What better compliment could I give than to say Jas now swings, pushes, pulls presses a Kettlebell like a Russian! Keep it up comrade!”

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

